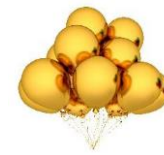


January 2022 Soup Menu



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 Chef's Choice
2 Chef's Choice	3 Broccoli Cheddar Vegan Cream of Fennel	4 Corned Beef & Cabbage Butternut Squash	5 Chicken Tortilla Vegan Spinach Soup	6 Detox Soup Vegan Minestrone	7 Kielbasa and Kale Wild Rice Soup	8 Chef's Choice
9 Chef's Choice	10 Potato Soup Roasted Carrot	11 Beef Vegetable Vegan Black Bean	12 Chicken and Rice Mushroom Garlic	13 Italian Wedding Roasted Red Pepper	14 Chicken Noodle Miso	15 Chef's Choice
16 Chef's Choice	17 French Onion Curried Cauliflower	18 Sweet and Sour Soup Garden Vegetable	19 African Peanut Soup Hearty Tomato	20 Pork Green Chili Vegan Green Chili	21 Beef Barley Mushroom Barley	22 Chef's Choice
23 Chef's Choice	24 Tortellini Soup Tomato Basil	25 Turkey Noodle Tuscan Bean	26 Clam Chowder Vegan Corn	27 Jambalaya Coconut Curry Lentil	28 Navy Beans and Ham Fresh Pea Soup	29 Chef's Choice
30 Chef's Choice	31 Egg Drop French Lentil	The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ;Bon Appétite!				Happy New Year

Roasted Tomato Soup with Grilled Cheese Croutons Recipe

By Dawn Jackson Blatner, RDN, CSSD Published January 24, 2018



Rebecca Clyde MS, RDN, CD

Who doesn't love grilled cheese and tomato soup? This twist on the classic combo is tasty, simple and satisfying for kids and parents alike. Add a drizzle of balsamic vinegar on top for extra flavor.

Ingredients

6 pounds tomatoes, cut in half
Cooking spray
Salt and pepper, to taste
2 yellow onions, chopped
6 cloves garlic, minced

¼ teaspoon crushed red pepper
2 tablespoons olive oil
4 cups fresh basil leaves, chopped
3-4 cups water
Balsamic vinegar, to taste

Croutons

2 slices 2% Cheddar cheese
2 slices whole grain bread

Directions *Before you begin: Wash your hands.*

1. Preheat oven to 400°F. Mist tomatoes with cooking spray, arrange on baking sheet skin side down, sprinkle with salt and pepper and roast for 45 minutes.
2. In large pot, sauté onions, garlic, crushed red pepper, salt, pepper and olive oil for 5 minutes. Add roasted tomatoes, fresh basil, water, salt and pepper to the pot. Puree the mixture with a hand blender until semi-smooth.
3. Bring to boil, cover and simmer for 15 minutes.
4. Place cheese on bread, put on baking sheet, broil for 5 minutes until cheese bubbles/bread is toasted and cut into 1-inch bites.
5. Serve soup with drizzle of balsamic vinegar and cheese croutons on top.

Optional topping: fresh chopped basil

Nutrition Information Serves 6

1.5 Cups Soup + 5 Croutons

Calories: 195; Total Fat: 7g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 2mg; Sodium: 281mg; Total Carbohydrate: 28g; Dietary Fiber: 7g; Sugars: 15g; Protein: 9g; Vitamin A: 105%; Vitamin C: 110%; Calcium: 15%; Iron: 15%.