



July 2022 Soup Menu



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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! Soups in Green are Vegan!



1
Chicken Tortilla
Vegan Spinach Soup

2
Chef's Choice

3
Chef's Choice

4
Broccoli Cheddar
Vegan Cream of Fennel

5
Beef Vegetable
Vegan Black Bean

6
Sweet and Sour Soup
Garden Vegetable

7
Detox Soup
Vegan Minestrone

8
Kielbasa and Kale
Wild Rice Soup

9
Chef's Choice

10
Chef's Choice

11
African Peanut Soup
Hearty Tomato

12
Chicken and Rice
Mushroom Garlic

13
Potato Soup
Roasted Carrot

14
Italian Wedding
Roasted Red Pepper

15
Turkey Chili
Quinoa Chili

16
Chef's Choice

17
Chef's Choice

18
Tortellini Soup
Tomato Basil

19
Chicken Noodle
Miso

20
Corned Beef & Cabbage
Butternut Squash

21
French Onion
Curried Cauliflower

22
Clam Chowder
Vegan Corn

23
Chef's Choice

24
Chef's Choice

25
Egg Drop
French Lentil

26
Pork Green Chili
Vegan Green Chili

27
Beef Barley
Mushroom Barley

28
Turkey Noodle
Tuscan Bean

29
Navy Beans and Ham
Fresh Pea Soup

30
Chef's Choice

31
Chef's Choice



Tropical Fruit Yogurt Smoothie Recipe

By Roberta Duyff, MS, RD, FAND Published January 26, 2019



Rebecca Clyde, MS, RDN, CD

As a quick breakfast, satisfying snack or drinkable dessert, a tropical fruit-yogurt smoothie is quick, nourishing and flavorful. Whether made with mango, guava, passion fruit, star fruit or other fruit from the tropics, smoothies are easy ways to enjoy the flavors of vitamin C-rich fruit and the calcium-rich goodness of yogurt. Adding quick oats not only adds thickness, but helps you feel full a bit longer.

Ingredients

6 ounces passion fruit, guava or other fruit-flavored fat-free yogurt
1 medium chopped mango
1 small banana
½ cup uncooked, rolled oats

2 teaspoons fresh ginger, grated
½ cup 100% pineapple or orange juice
½ cup fat-free milk

Directions *Before you begin: Wash your hands.*

1. Put yogurt, mango, banana, oats and ginger in a blender. Add juice and milk.
2. Whirl in the blender for about 30 seconds, or until mixture is smooth.
3. If the smoothie is too thick, add juice or milk to desired consistency.

Cooking Notes

- If using Greek yogurt, you might add more juice or milk. Another option: For less added sugars, use plain, fat-free yogurt and sweeten with additional fruit if desired.
- Substitute 1 cup any tropical fruit in place of banana and mango — or any fresh, frozen or canned fruit you have on hand.

Nutrition Information Serves 2

Calories: 290; Calories from fat: 20; Total fat: 2g; Saturated fat: 0.5g; Trans fat: 0g; Cholesterol: 5mg; Sodium 70mg; Total carbohydrate: 62g; Dietary fiber: 4g; Sugars: 43g; Protein 8g