

November 2022 Soup Specials

SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<p>1</p> <p>Corned Beef & Cabbage Butternut Squash</p>	<p>2</p> <p>Turkey Chili Quinoa Chili</p>	<p>3</p> <p>Detox Soup Vegan Minestrone</p>	<p>4</p> <p>Kielbasa and Kale Wild Rice Soup</p>	<p>5</p> <p>Chef's Choice</p>
<p>6</p> <p>Chef's Choice</p>	<p>7</p> <p>Broccoli Cheddar Vegan Cream of Fennel</p>	<p>8</p> <p>Sweet and Sour Soup Garden Vegetable</p>	<p>9</p> <p>Chicken and Rice Mushroom Garlic</p>	<p>10</p> <p>Italian Wedding Roasted Red Pepper</p>	<p>11</p> <p>Chicken Noodle Miso</p>	<p>12</p> <p>Chef's Choice</p>
<p>13</p> <p>Chef's Choice</p>	<p>14</p> <p>Potato Soup Roasted Carrot</p>	<p>15</p> <p>African Peanut Soup Hearty Tomato</p>	<p>16</p> <p>Beef Barley Mushroom Barley</p>	<p>17</p> <p>Clam Chowder Vegan Corn</p>	<p>18</p> <p>French Onion Curried Cauliflower</p>	<p>19</p> <p>Chef's Choice</p>
<p>20</p> <p>Chef's Choice</p>	<p>21</p> <p>Tortellini Soup Tomato Basil</p>	<p>22</p> <p>Navy Beans and Ham Fresh Pea Soup</p>	<p>23</p> <p>Turkey Noodle Tuscan Bean</p>	<p>24</p> <p>Pork Green Chili Vegan Green Chili</p>	<p>25</p> <p>Jambalaya Coconut Curry Lentil</p>	<p>26</p> <p>Chef's Choice</p>
<p>27</p> <p>Chef's Choice</p>	<p>28</p> <p>Egg Drop French Lentil</p>	<p>29</p> <p>Beef Vegetable Vegan Black Bean</p>	<p>30</p> <p>Chicken Tortilla Vegan Spinach Soup</p>	 <p>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!</p>		

Sweet Potato Cornbread Muffins Recipe

By Jessica Cox, RD Published January 24, 2014



Rebecca Clyde MS, RDN, CD

Sweet potatoes are high in vitamins A and C, and make a delicious addition to cornbread.

Ingredients

2 ¼ cups yellow cornmeal
1 cup all-purpose flour
½ cup turbinado sugar
1 tablespoon baking powder
1 ½ teaspoons salt
½ teaspoon baking soda
¼ teaspoon ground ginger
1 ¾ cups low-fat buttermilk
1 cup mashed roasted sweet potato (about 1 large)
4 large eggs, lightly beaten
¼ cup butter, melted

Nutrition Information

Serving size: 1 muffin

Calories: 133; Total Fat: 3.2g; Saturated Fat: 1.6g; Cholesterol: 37mg; Sodium: 292mg; Total Carbohydrate: 22.7g; Fiber: 1g; Protein: 3.4g

Directions *Before you begin: Wash your hands.*

1. Preheat oven to 425°F (218°C).
2. Combine cornmeal, flour, sugar, baking powder, salt, baking soda and ginger in a large bowl, whisking to combine.
3. In a medium bowl, combine buttermilk, sweet potato and eggs; whisk until smooth.
4. Add sweet potato mixture to cornmeal mixture, and stir just until moistened. Then, stir in melted butter.
5. Spoon batter into lightly greased muffin pans, filling about three-fourths full.
6. Bake 18 to 22 minutes or until tops are golden brown. Cool in pan for 5 minutes.