



September 2023 Soup Specials



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 with a green font are vegan! 



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

Aspen Valley Hospital's Vision is to be the leader in fostering the healthiest community in the nation. As the forerunner in nurturing a healthy community, we should be good stewards of our resources and the beautiful place where we live. Collectively, we can help improve the Pitkin County Landfill lifespan by creating better habits to reduce our impact on our landfill. If we all remember to reduce, reuse and recycle, we can produce less waste, keep our community healthy, and protect our environment.

Roasted Carrot and Beet Soup Recipe

By Elsa Ramirez Brisson, MPH, RD Published November 17, 2018



Although it's an unconventional combination, beets and carrots unite to produce an exceptionally interesting and comforting flavor. Beyond that, these colorful vegetables can fill your soup bowl with a variety of nutrients and phytonutrients, as well as fiber.

Tip: For the freshest flavor of all, plant beets and carrots in your garden in the spring — or find them fresh at your local farmers market.

Credit: Napier, Kristine, MPH, RD, Editor for the Food and Culinary Practice Group, Academy of Nutrition and Dietetics, *American Dietetic Association Cooking Healthy Across America*. New York: John Wiley and Sons, 2005. Picture by Rebecca Clyde, MS, RDN, CDE

Ingredients

Vegetable oil cooking spray
5 large carrots, peeled and sliced (3 cups)
1 pound fresh beets, peeled and chopped*
2 celery ribs, thinly sliced (1½ cups)
1 large onion, quartered (2 cups)
1 tablespoon extra-virgin olive oil
2 tablespoons brown sugar
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon nutmeg
¼ teaspoon black pepper
3 14-ounce cans low-sodium chicken broth
¼ cup reduced-fat sour cream for garnish**
Fresh chives, chopped, for garnish

Cooking Notes

*Sub 1 15-ounce can beets, rinsed and drained. Instead of roasting, puree them with other vegetables in food processor or blender. **Sub Greek yogurt.

Nutrition Information Serves 8 as an appetizer or serves 4 as a main dish

Directions

1. Preheat oven to 400°F.
2. Coat a 9-by-13-inch baking dish with the cooking spray. Combine the carrots, beets, celery and onion in the dish. Drizzle with olive oil, and sprinkle with sugar, cinnamon, ginger, nutmeg and pepper. Toss to coat vegetables. Cover the dish tightly with aluminum foil and roast for 1 hour, or until the vegetables are fork tender. Cool slightly.
3. In a food processor or blender, puree the roasted vegetables with the broth in batches until smooth. Combine the batches in a heavy 2-quart saucepan. Heat on medium-low until warmed through.
4. Garnish with sour cream and chives.