

November 2022 Soup Specials

SUNDAY



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!

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



African Style Pumpkin and Peanut Stew

Contributors: Roberta Duyff, MS, RD, FAND **Published:** March 15, 2018

Pumpkin and groundnuts (peanuts), with their beta carotene and protein, respectively, are staples in many West African kitchens. Prepared with fragrant spices, their flavors blend to create a hearty, healthy and flavorful stew. Try this vegetarian stew over cooked rice or quinoa.



Rebecca Clyde, MS, RDN, CD

Ingredients

1 tablespoon canola oil
1 medium yellow onion, cut in ¼-inch dice
2 cloves garlic, minced
2 tablespoons minced peeled ginger root, or 2 teaspoons powdered ginger
1 tablespoon packed brown sugar
2 teaspoons ground cinnamon
1 teaspoon curry powder
3 cups low sodium vegetable or chicken broth
1 (15-ounce) can solid pack pumpkin
2 medium sweet apples (e.g. Gala, Honey Crisp), cut in ½-inch dice
2 medium carrots, cut in ¼-inch rounds
2 medium red potatoes, cut in ½-inch dice
1 large stalk celery, cut in ½-inch dice
¾ cup chunky reduced-fat or regular peanut butter
¼ to ½ teaspoon hot sauce
Salt and pepper, to taste
Crushed peanuts or pumpkin seeds, for garnish
Chopped herbs (cilantro, parsley, or chives), for garnish

Directions

Before you begin: Wash your hands.

1. Heat the oil in a large non-stick saucepan over medium heat. Add the onion and garlic; cook and stir for about 5 minutes, until the onion is softened. Remove from the heat. Stir in the ginger root, brown sugar, cinnamon and curry powder, allowing them to blend for a fragrant aroma.
2. Add the broth and pumpkin; blend well. Mix in the apples, carrots, potatoes and celery. Reduce the heat to simmer; cover and simmer for about 25 minutes, until the vegetables and apples are tender.
3. Remove from the heat; cool slightly. Stir in the peanut butter. Season with hot sauce, salt and pepper.
4. To serve, garnish with crushed peanuts or pumpkin seeds and herbs