



July 2024 Soup Menu



SUNDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Soups written in green font are 	1 African Peanut Soup Hearty Tomato	2 Chicken Noodle Roasted Carrot	3 Potato Soup Quinoa Chili	4 Stuffed Cabbage Soup Vegetable Rice	5 Chicken Tortilla Vegan Spinach Soup	6 Chef's Choice
	7 Chef's Choice	8 Broccoli Cheddar Vegan Cream of Fennel	9 Chicken and Rice Mushroom Garlic	10 Corned Beef & Cabbage Vegan Minestrone	11 Beef Vegetable Vegan Black Bean	12 Kielbasa and Kale Wild Rice Soup
14 Chef's Choice	15 French Onion Curried Cauliflower	16 Corned Beef & Cabbage Butternut Squash	17 Pumpkin Sausage Coconut Curry Lentil	18 Beef Barley Mushroom Barley	19 Italian Wedding Roasted Red Pepper	20 Chef's Choice
21 Chef's Choice	22 Tortellini Soup Tomato Basil	23 Sweet and Sour Soup Garden Vegetable	24 Clam Chowder Vegan Corn	25 Egg Drop French Lentil	26 Turkey Noodle Miso	27 Chef's Choice
28 Chef's Choice	29 Broccoli Cheddar Roasted Carrot	30 Navy Beans and Ham Fresh Pea Soup	31 Jambalaya Tuscan Bean	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!		



Creamy Vegan Split Pea Soup

Karla Moreno-Bryce, RD

Serves 4 to 5

Ingredients

- 1 tablespoon canola oil
- 1 cup washed and chopped leek
- 2 cloves garlic, minced
- 1 cup peeled and chopped carrots
- 1 cup chopped celery stalks
- 2 bay leaves
- ¼ teaspoon ground turmeric
- 1½ teaspoons dried basil
- 1 cup dried, rinsed green split peas
- 5 cups water or low-sodium vegetable broth
- Salt and pepper to taste



Food &
Nutrition

Directions

1. In a large pot, heat canola oil over medium heat. Add leek and garlic and sauté until leek has softened.
2. Add carrots, celery and spices to the pot and cook for 5 to 10 minutes.
3. Add split peas and water or broth to the pot, bring to a simmer and cook for 30 to 40 minutes or until peas are well cooked, stirring occasionally. Adjust taste with salt and pepper.
4. Remove bay leaves and pour mixture into a food processor or use an immersion blender to blend all ingredients.
5. Gradually add more hot water or vegetable broth to mixture to reach desired consistency

Looking for a nutritious split pea soup that is packed with flavor? This creamy, hearty soup is so full of flavor you won't even realize it's vegan-friendly.

Green split peas are probably the least of all legumes to get attention in the cooking world. In fact, they are packed with a variety of nutrients and best of all, they are very inexpensive! Green split peas are an excellent source of fiber, providing almost half of your daily value in just ¼ cup of uncooked split peas. They are also a good source of iron and a great plant-protein source. Traditional split pea soups are usually made with ham for additional flavor but in this recipe that flavor comes from leeks and other aromatic herbs, adding a heartier and sweeter taste to this nutritious soup.

So, whatever the weather may be — snowy, chilly or sunny — enjoy this delicious soup knowing you are getting some health benefits, too.