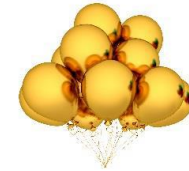


January 2025 Soup Menu



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

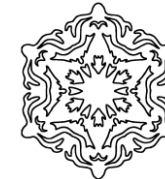
SATURDAY

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!

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 Beef Vegetable Vegan Black Bean	2 Chicken Tortilla Vegan Spinach Soup	3 Lemon Ginger Chicken Vegan Minestrone	4 Chef's Choice
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
12 Chef's Choice	13 African Peanut Soup Hearty Tomato	14 Italian Wedding Roasted Red Pepper	15 Chicken Noodle Miso	16 Turkey Chili Quinoa Chili	17 Corned Beef & Cabbage Butternut Squash
19 Chef's Choice	20 Tortellini Soup Tomato Basil	21 French Onion Curried Cauliflower	22 Pork Green Chili Vegan Green Chili	23 Beef Barley Mushroom Barley	24 Turkey Noodle Tuscan Bean
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	31 Broccoli Cheddar Vegetable Rice
					<p>Soups written in green font are</p> 



Happy New Year



Tomato Lentil Soup

Source: <https://www.budgetbytes.com/tomato-lentil-soup/>

Author: [Beth Moncel](#)

This tomato lentil soup is full of vegetables and herbs for a simple, flavorful, and warming winter soup. Makes great leftovers!

Prep Time 10 minutes mins

Cook Time 50 minutes mins

Total Time 1 hour hr

Total Cost: \$4.74 recipe / \$0.79 serving

Servings: 6 1.5 cups each

Ingredients

- 2 Tbsp olive oil \$0.32
- 1 yellow onion \$0.32
- 3 carrots \$0.42
- 2 cloves garlic \$0.16
- 1 russet potato (about 1 lb.) \$0.60
- 2 Tbsp tomato paste \$0.10
- 2 15oz. cans stewed tomatoes \$1.18
- 1 cup brown lentils \$0.67
- ½ tsp paprika \$0.10
- ½ tsp dried basil \$0.10
- ½ tsp dried oregano \$0.10
- ¼ tsp freshly cracked black pepper \$0.03
- 4 cups vegetable broth \$0.52
- 2 Tbsp soy sauce \$0.12



Instructions

1. Dice the onion, mince the garlic, and slice the carrots (I like smaller pieces for this recipe, so I do a quarter round slice). Add the onion, garlic, carrots, and olive oil to a large soup pot and sauté over medium heat until the onions are soft. While the vegetables are cooking, peel and dice the potato into ½-inch cubes.
2. Add the tomato paste and continue to sauté for 2-3 minutes, or until the tomato paste begins to coat the bottom of the pot.
3. Add the cubed potato, stewed tomatoes (with juices), lentils, paprika, basil, oregano, pepper, and vegetable broth to the pot. Stir to combine.
4. Place a lid on top and allow the soup to come up to a boil. Once boiling, turn the heat down to low and let the soup simmer for about 40 minutes or until the lentils are super tender and have begun to break down slightly (this helps thicken the soup).
5. Add the soy sauce to the soup, then give it a taste and adjust the salt if needed (the total amount will depend on the salt content of your vegetable broth). Serve hot with crusty bread for dipping.

Nutrition

Serving: 1.5 cups | Calories: 279.58kcal | Carbohydrates: 48.58g | Protein: 12.17g | Fat: 5.65g | Sodium: 1148.67mg | Fiber: 7.48g