



February 2025 Soup Menu



SUNDAY

MEATLESS 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!

1
Chef's Choice

2
Chef's Choice

3
Potato Soup
Roasted Carrot

4
Corned Beef & Cabbage
Butternut Squash

5
Chicken Tortilla
Vegan Spinach Soup

6
Detox Soup
Vegan Minestrone

7
Kielbasa and Kale
Wild Rice Soup

8
Chef's Choice

9
Chef's Choice

10
Egg Drop
French Lentil

11
Beef Vegetable
Vegan Black Bean

12
Chicken and Rice
Mushroom Garlic

13
Italian Wedding
Roasted Red Pepper

14
Chicken Noodle
Miso

15
Chef's Choice

16
Chef's Choice

17
French Onion
Curried Cauliflower

18
Sweet and Sour Soup
Garden Vegetable

19
African Peanut Soup
Hearty Tomato

20
Pork Green Chili
Vegan Green Chili

21
Beef Barley
Mushroom Barley

22
Chef's Choice

23
Chef's Choice

24
Tortellini Soup
Tomato Basil

25
Turkey Noodle
Tuscan Bean

26
Clam Chowder
Vegan Corn

27
Jambalaya
Coconut Curry Lentil

28
Navy Beans and Ham
Fresh Pea Soup

29
Chef's Choice

30
Chef's Choice

31
Broccoli Cheddar
Vegan Cream of
Fennel

February is American Heart Month & Friday February 7th is **Go Red for Women Day**. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 7th! But don't just wear red. **Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.**



No Bake Strawberry Cheesecake for Two

This No Bake Strawberry Cheesecake is the perfect small batch dessert for Valentine's Day, Galentine's Day, or any day the cheesecake craving hits!

Servings: 2, Total Time: 30minutes

Author: [Beth Moncel](#), source: Budget Bytes
<https://www.budgetbytes.com/no-bake-strawberry-cheesecake-for-two/>

Ingredients

- 1/2 lb. fresh strawberries
- 2 Tbsp granulated sugar
- 4 oz. cream cheese, room temperature
- 1 Tbsp lemon juice
- 1 cup heavy whipping cream
- 1/2 cup powdered sugar
- 1/2 tsp vanilla extract
- 2 graham crackers
- 1 Tbsp butter
- 1/2 Tbsp brown sugar

Instructions

1. Wash the strawberries well, remove the stems, then slice them. Place the sliced strawberries in a bowl, add the granulated sugar, and stir to combine. Let the strawberries sit while you prepare the rest of the dish, stirring them occasionally to help draw out the juices.
2. In a separate bowl, begin whipping the heavy whipping cream on high speed with a hand mixer or stand mixer. When it becomes thick and fluffy, but is not yet forming peaks, add the vanilla extract and powdered sugar. Start on low speed until the powdered sugar is incorporated, then switch to high speed and continue to whip until the whipped cream forms stiff peaks.
3. In a separate bowl, combine the cream cheese and lemon juice. Use a hand mixer or stand mixer to whip the cream cheese and lemon juice together until soft and creamy.
4. Add the whipped cream to the bowl of whipped cream cheese, then whip the two together until evenly combined.
5. To make the graham cracker crust, place the graham crackers in a zip top bag and use a heavy object to crush the crackers until they are in fine crumbs. Melt the butter in a small bowl, then add the graham cracker crumbs and brown sugar, and stir until combined.
6. To assemble the no bake cheesecakes, divide the graham cracker crumbs between two jars, glasses, or other small containers. Next add the cheesecake filling, then top with the juiced strawberries (making sure to add a couple spoonfuls of the strawberry juice with the berries). Enjoy immediately or refrigerate until ready to eat!

Nutrition

Serving: 1jar | Calories: 726.55kcal | Carbohydrates: 63.7g | Protein: 5.8g | Fat: 49.35g | Sodium: 306.2mg | Fiber: 3.3g



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