



August Soup Menu 2020



SUNDAY	 MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Chef's Choice
2 Chef's Choice	3 Broccoli Cheddar Vegan Cream of Fennel	4 Beef Vegetable Vegan Black Bean	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 Potato Soup Roasted Carrot	11 Sweet and Sour Soup Garden Vegetable	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 African Peanut Soup Hearty Tomato	18 Corned Beef & Cabbage Butternut Squash	19 French Onion Curried Cauliflower	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 Egg Drop French Lentil	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!				

Gazpacho Recipe

By Golda Ewalt, MS, RD, LD Published August 18, 2016



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Here is a northerner's version of gazpacho, a traditional Spanish soup served cold. It's a perfectly refreshing way to use fresh summer vegetables.

Ingredients

3 large tomatoes, diced	1 tablespoon fresh dill, diced (or 1 teaspoon dried)
1 green bell pepper, seeded and diced	2 cloves garlic, minced
1 cucumber, diced	2 tablespoons extra-virgin olive oil
1 ripe avocado, peeled, seeded and diced	2 tablespoons apple cider vinegar
½ medium-size red onion, diced	1 teaspoon hot sauce
¼ cup diced Kalamata olives, about 4 to 6 olives	1 46-ounce can reduced-sodium tomato juice
3 tablespoons fresh cilantro, diced	¼ to ½ teaspoon freshly ground black pepper
2 tablespoons fresh basil, diced (or 2 teaspoons dried)	Croutons or breadsticks
2 tablespoons fresh parsley, chopped	

Directions *Before you begin: Wash your hands.*

1. Combine all the ingredients in a large bowl, stirring well. Cover and refrigerate at least 2 hours before serving. Serve with croutons.
2. Substitute an equal volume of vegetable juice (regular or spicy) for the tomato juice.

Nutrition Information Serving size: 1 cup

Serves 8

Calories: 190; Total fat: 13g; Saturated fat: 2.5g; Cholesterol: 0mg; Sodium: 440mg; Total carbohydrates: 17g; Dietary fiber: 5g; Protein: 5g