



April 2026 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!

		1 Beef Vegetable Vegan Black Bean		2 Chicken Tortilla Vegan Spinach Soup		3 Kielbasa and Kale Wild Rice Soup		4 Chef's Choice					
5 Chef's Choice		6 Broccoli Cheddar Vegan Cream of Fennel		7 Chicken Noodle Soup Vegan Minestrone		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 French Onion Curried Cauliflower		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					

Aspen Valley Hospital's Vision is to be the leader in fostering the healthiest community in the nation. As the forerunner in nurturing a healthy community, we should be good stewards of our resources and the beautiful place where we live. Collectively, we can help improve the Pitkin County Landfill lifespan by creating better habits to reduce our impact on our landfill. If we all remember to reduce, reuse and recycle, we can produce less waste, keep our community healthy, and protect our environment.

Colorful Couscous Salad Recipe

Contributors: Mackenzie Burgess, RDN **Reviewers:** Academy Staff RDNs **Published:** December 16, 2021 **Reviewed:** May 22, 2025



Photography by David Raine | Food styling by Breana Moeller | Prop styling by Brooke Doyle

Couscous becomes a salad when mixed with colorful vegetables and tossed in a lemon-thyme vinaigrette.

Prep Time: 15 minutes

Ingredients

2 cups cooked couscous

½ cup frozen corn, thawed

1 cup cherry tomatoes, halved

1 cup zucchini, diced (about 1 small zucchini)

1 cup orange bell pepper, diced (about 1 small bell pepper)

¼ cup (50 milliliters) extra-virgin olive oil

2 tablespoons (25 milliliters) fresh squeezed lemon juice (about 1 small lemon)

1 tablespoon fresh thyme leaves

¼ teaspoon salt

⅛ teaspoon freshly ground black pepper

Directions

Before you begin: Wash your hands.

1. In a large bowl, add cooked couscous, corn, tomatoes, zucchini and bell pepper and stir until combined. Set aside.
2. In a small bowl or glass jar with lid, add olive oil, lemon juice, thyme leaves, salt and black pepper. Stir or shake until dressing ingredients are combined.
3. Pour dressing over couscous mixture and stir until evenly coated. Chill before serving.

Nutrition Information

Serving Size: 1¼ cup (185 grams) *Serves 4*

Calories: 214; Total Fat: 13g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 106mg; Carbohydrate 22g; Fiber: 3g; Sugar: 3g; Protein: 4g; Potassium: 296mg; Phosphorus: 54mg.