



August 2026 Soup Specials



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! Soups in Green are Vegan!



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2 Chef's Choice	3 Broccoli Cheddar Vegan Cream of Fennel	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 Potato Soup Roasted Carrot	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 Egg Drop French Lentil					

Creamy Cucumber Gazpacho Recipe

Contributors: Julie Andrews, MS, RDN, CD **Reviewers:** Academy Staff RDNs **Published:** July 2, 2019 **Reviewed:** June 18, 2024



Photography by Kate Cauffiel | Food styling by Christina Zerkis | Prop styling Alicia Blais

For a quick upscale appetizer, top this produce-packed, no-cook soup with fresh basil and pre-cooked cocktail shrimp.

Prep Time: 15 minutes

Ingredients

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| ¼ cup plus 2 tablespoons (90 milliliters) fresh lime juice | ½ cup fresh cilantro leaves |
| ½ cup (120 milliliters) full-fat canned coconut milk, stirred | ¼ cup fresh flat-leaf Italian parsley leaves |
| ¼ cup (60 milliliters) extra-virgin olive oil | 1½ teaspoons kosher salt |
| 1 medium avocado, peeled and cored | ½ teaspoon freshly ground black pepper |
| 2 medium English cucumbers (skins on), chopped into 3-inch chunks | ½ teaspoon sugar |
| ½ medium red onion, peeled and chopped into 3-inch chunks | ¼ cup fresh basil leaves, chiffonade |
| ½ medium jalapeño, stemmed and seeded | 10 large cooked shrimp, peeled and deveined (tails on) |
| 1 garlic clove, peeled | |

Instructions

1. Pour lime juice, coconut milk and oil into a blender.
2. Add avocado, cucumbers, onion, jalapeño, garlic, cilantro and parsley.
3. Blend until smooth, stopping to stir and scrape down the sides as necessary.
4. Add salt, pepper and sugar and blend until very smooth. Taste and adjust seasoning as needed.
5. Place in the refrigerator to chill at least 1 hour.
6. To serve, pour soup into small bowls and top each with a pinch of fresh basil and 2 cocktail shrimp.

Nutrition Information *Serves: 5*

Serving Size: 1 cup (230 grams) 282 calories, 18g total fat, 6g saturated fat, 129mg cholesterol, 565mg sodium, 14g carbohydrate, 4g fiber, 6g sugar, 19g protein, 458mg potassium, 215mg phosphorus