



August 2025 Soup Menu



Sunday

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!



1
Chicken Tortilla
Vegan Spinach Soup

2
Chef's Choice

3
Chef's Choice

4
Potato Soup
Vegan Cream of Fennel

5
Chili
Quinoa Chili

6
Sweet and Sour Soup
Garden Vegetable

7
Ginger Spinach
Chicken
Vegan Minestrone

8
Kielbasa and Kale
Wild Rice Soup

9
Chef's Choice

10
Chef's Choice

11
African Peanut Soup
Hearty Tomato

12
Chicken and Rice
Mushroom Garlic

13
Broccoli Cheddar
Roasted Carrot

14
Italian Wedding
Roasted Red Pepper

15
Beef Vegetable
Vegan Black Bean

16
Chef's Choice

17
Chef's Choice

18
Tortellini Soup
Tomato Basil

19
Chicken Noodle
Miso

20
Corned Beef & Cabbage
Butternut Squash

21
French Onion
Curried Cauliflower

22
Clam Chowder
Vegan Corn

23
Chef's Choice

24
Chef's Choice

25
Egg Drop
French Lentil

26
Pork Green Chili
Vegan Green Chili

27
Beef Barley
Mushroom Barley

28
Turkey Noodle
Tuscan Bean

29
Navy Beans and Ham
Fresh Pea Soup

30
Chef's Choice

31
Chef's Choice



Curried Garbanzo Bean Poppers Recipe

Contributors: Tessa Nguyen, RD, LDN **Published:** August 26, 2016



Rebecca Clyde, MS, RDN, CD

These roasted treats can be a snack on their own or a protein-boosting addition to salads.

Ingredients

- 1 15.5-ounce can garbanzo beans or chickpeas, drained and rinsed
- 1 teaspoon curry powder
- 2 teaspoons olive oil
- 1 teaspoon chopped cilantro

Directions

1. Preheat oven to 425°F (218°C).
2. On a foil-lined sheet tray, mix together garbanzo beans, curry powder and olive oil. Spread beans out in a single layer to ensure each bean has enough space to get crispy.
3. Bake for 25 minutes.
4. Remove beans from oven and gently toss in chopped cilantro before serving warm.

Nutrition Information

Serving size: $\frac{1}{3}$ cup *Serves 4*

Calories: 173; Total fat: 5g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 233mg; Carbohydrates: 25g; Fiber: 7g; Sugars: 4g; Protein: 8g; Potassium: 126mg; Phosphorus: 90mg