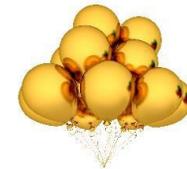


January 2026 Soup Menu



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! **Soups with a green font are vegan.**

1
Happy New Year

2
Kielbasa and Kale
Wild Rice Soup

3
Chef's Choice

4
Chef's Choice

5
Broccoli Cheddar
Vegan Cream of Fennel

6
Corned Beef & Cabbage
Butternut Squash

7
Italian Wedding
Roasted Red Pepper

8
Sweet and Sour Soup
Garden Vegetable

9
Chicken and Rice
Mushroom Garlic

10
Chef's Choice

11
Chef's Choice

12
Potato Soup
Roasted Carrot

13
Chicken Tortilla
Vegan Spinach Soup

14
Chicken Noodle
Miso

15
Pork Green Chili
Vegan Green Chili

16
Beef Barley
Mushroom Barley

17
Chef's Choice

18
Chef's Choice

19
Tortellini Soup
Tomato Basil

20
French Onion
Curried Cauliflower

21
Beef Vegetable
Vegan Black Bean

22
Turkey Noodle
Tuscan Bean

23
Clam Chowder
Vegan Corn Chowder

24
Chef's Choice

25
Chef's Choice

26
Texas Chili
French Lentil

27
Pork Pozole
Hearty Tomato

28
Jambalaya
Coconut Curry Lentil

29
Navy Beans and Ham
Fresh Pea Soup

30
Turkey Chili
Quinoa Chili

31
Chef's Choice



Happy New Year



Creamy Broccoli Soup Recipe

Contributors: Dawn Jackson Blatner, RDN, CSSD **Published:** January 24, 2018



Rebecca Clyde MS, RDN, CD

This soup is ready to enjoy in less than 30 minutes. Fresh ingredients fill you up with fiber and protein.

Ingredients

Soup:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 8 cups chopped broccoli (1½ to 2 pounds)
- 4 cups water
- 1 can (15 ounces) white beans, rinsed and drained
- Salt and pepper, to taste

Toppings:

- 3 tablespoons lemon juice
- 1 cup low-fat plain Greek yogurt
- ¼ cup chopped fresh chives
- Salt and pepper, to taste

Directions

Before you begin: Wash your hands.

1. In soup pot, sauté oil, garlic, onion and broccoli about 10 minutes, until tender.
2. Add in water and beans. With hand blender, puree half of the soup. Season with salt and pepper. Bring to a boil and simmer for 10 minutes.
3. Mix lemon juice, yogurt, chives, salt and pepper. Drizzle on top of warm soup, and serve.

Nutritional Information

Serving size: 1½ cups *Serves 6*

Calories: 147; Total Fat 3g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 357mg; Total Carbohydrate: 22g; Dietary Fiber: 6g; Sugars: 4g; Protein 11g.