

November 2024 Soup Specials

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 with a green font are vegan! 

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 Turkey Noodle Tuscan Bean	2 Chef's Choice
3 Chef's Choice	4 Broccoli Cheddar Vegan Cream of Fennel	5 Chicken and Rice Mushroom Garlic	6 Detox Soup Vegan Minestrone	7 Pumpkin Sausage Coconut Curry Lentil	8 Beef Barley Mushroom Barley	9 Chef's Choice	
10 Chef's Choice	11 African Peanut Soup Hearty Tomato	12 Beef Vegetable Vegan Black Bean	13 Kielbasa and Kale Wild Rice Soup	14 Sweet and Sour Soup Garden Vegetable	15 Clam Chowder Vegan Corn	16 Chef's Choice	
17 Chef's Choice	18 French Onion Curried Cauliflower	19 Italian Wedding Roasted Red Pepper	20 Chicken Tortilla Vegan Spinach Soup	21 Egg Drop French Lentil	22 Corned Beef & Cabbage Butternut Squash	23 Chef's Choice	
24 Chef's Choice	25 Tortellini Soup Tomato Basil	26 Turkey Chili Quinoa Chili	27 Chicken Noodle Miso	28 Thanksgiving Special All Day 	29 Potato Soup Roasted Carrot	30 Chef's Choice	



Sweet Potato Cornbread Muffins Recipe

By Jessica Cox, RD Published January 24, 2014



Rebecca Clyde MS, RDN, CD

Sweet potatoes are high in vitamins A and C, and make a delicious addition to cornbread.

Ingredients

2 ¼ cups yellow cornmeal
1 cup all-purpose flour
½ cup turbinado sugar
1 tablespoon baking powder
1 ½ teaspoons salt
½ teaspoon baking soda
¼ teaspoon ground ginger
1 ¾ cups low-fat buttermilk
1 cup mashed roasted sweet potato (about 1 large)
4 large eggs, lightly beaten
¼ cup butter, melted

Nutrition Information

Serving size: 1 muffin

Calories: 133; Total Fat: 3.2g; Saturated Fat: 1.6g; Cholesterol: 37mg; Sodium: 292mg; Total Carbohydrate: 22.7g; Fiber: 1g; Protein: 3.4g

Directions *Before you begin: Wash your hands.*

1. Preheat oven to 425°F (218°C).
2. Combine cornmeal, flour, sugar, baking powder, salt, baking soda and ginger in a large bowl, whisking to combine.
3. In a medium bowl, combine buttermilk, sweet potato and eggs; whisk until smooth.
4. Add sweet potato mixture to cornmeal mixture, and stir just until moistened. Then, stir in melted butter.
5. Spoon batter into lightly greased muffin pans, filling about three-fourths full.
6. Bake 18 to 22 minutes or until tops are golden brown. Cool in pan for 5 minutes.