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Soup: It's what's for dinner. Or lunch. For when you are sick, or when winter hits and you need to take the chill off and warm up.

Soup is the ultimate comfort food for when it's cold outside. Heat up a bowl of chili, chicken noodle or potato soup and your day instantly gets better ... and warmer. Soup leftovers are also good for freezing to eat later.

Soups are popular during the winter months, but soup got its start as a quick, on-the-go type of meal and as an easy meal to serve invalids. In today's modern era, soup comes in a variety of forms, and its tastes are different in every region and culture.

At The Diner at Creek Travel Plaza, soup has become a staple on the menu, and the staff has recently started serving a Soup of the Day special. **For only**

\$4.99, each day offers a different soup with a side salad and bread.

Sunday's soup is broccoli and cheese, Monday is beef stew, Tuesday is chicken and dumplins, Wednesday is chicken noodle, Thursday is loaded potato, Friday is chili and Saturday is chicken and rice.

"Our soups are made fresh from scratch daily," Diner Manager Candy Stuckey said. "Soups are always nice to have on the daily menu for people who might just want something light or are cutting back on their daily (calorie) intake."

Stuckey said the chicken and dumplings seems to be the most popular soup.

"But the bowl of chili is trailing close behind it," she said. About 30-35 bowls or cups of soup are sold each day.

Since the soups became a daily special, Stuckey said soup sales at The Diner range from 1 to 2 percent of daily intake.

"Someone might be feeling a little under the weather one day, and it's nice to have a warm cup of soup to make you



By Jen Peake | CIEDA Marketing Specialist