Soy Recipes Booklet

Soy Foods Cooking Workshop
Hosted by

National Soybean Research Laboratory

Nutrition and Development Conference
“Delivering Quality Global Nutrition: Farm to Food”
Washington Court Hotel
Washington, D.C.
March 15, 2012
Corn Soy Blend Tortillas

¾ cup corn/soy blend
1 tsp. chili powder
½ tsp. salt
¼ cup warm water
2 Tbsp. Soybean oil for frying

Mix the corn/soy, chili powder and salt in medium bowl. Gradually add warm water to make a soft, pliable dough, kneading with fingers and palms.

Pull off a piece of dough slightly larger than a golf ball and shape into a ball.

Form a tortilla by lining the top and bottom of a tortilla press with waxed paper or plastic wrap and putting dough ball just off center, towards the hinge. Gently press down.

Heat a lightly oiled griddle or large skillet on high heat. Remove the wax paper or plastic wrap from a tortilla and gently lay down in the pan. Fry for about 30 seconds to a minute on each side, until golden. Little air pockets should form.

Makes 6 (6½ inch) tortillas

*Nutrition Facts per Serving:* 100 Kcal, 6 g Fat, 11 g Carbohydrate, 3 g Protein, 2 g Fiber, 0 mg Cholesterol, 200 mg Sodium

*Nutrition Facts per Serving replacing corn/soy blend with corn meal:* 100 Kcal, 5 g Fat, 13 g Carbohydrate, 1 g Protein, 1 g Fiber, 0 mg Cholesterol, 200 mg Sodium
Vegetable Patties

½ cup defatted soy flour
½ cup corn meal
½ cup all-purpose flour
1 tsp. baking powder
2 Tbsp. oil
1 egg, beaten (optional)
½ cup soy milk or milk
2½ cups grated zucchini
½ cup grated carrots
½ cup minced yellow or green onions
1 clove minced garlic
¼ tsp. pepper
¾ tsp. salt
Flour for dredging
½ Tbsp. oil for frying

In a small bowl, mix the soy flour, corn meal, all-purpose flour, and baking powder. Set aside.

Combine 2 tablespoons oil, egg (optional), zucchini, carrots, onion, garlic, and pepper, and set aside.

Stir flour mixture into zucchini mixture.

Shape mixture into patties (use 2 Tbsp. of the mixture for each sample sized patty for workshop, ¼ cup for 2 ½” sized patty) and dredge each patty in flour.

Heat a little oil in the bottom of a frying pan over medium-high heat. Cook the patties in the oil until the bottom is a golden brown, about 3 to 4 minutes. Flip the patties and brown the other side.

Makes 24 (2½ inch) patties, 2 patties per serving

Nutrition Facts per Serving: 130 Kcal, 5 g Fat, 17 g Carbohydrate, 5 g Protein, 2 g fiber, 0 mg Cholesterol, 190 mg sodium.

Nutrition Facts per Serving replacing soy flour with corn meal and wheat flour: 140 Kcal, 5 g Fat, 20 g Carbohydrate, 3 g Protein, 13 g fiber, 0 mg Cholesterol, 190 mg Sodium.
White Maize Meal Porridge

½ cup white maize meal
6 Tbsp. defatted soy flour, soy isolate or soy concentrate
2-4 cups water
2 to 4 Tbsp. sugar
Pinch of salt

Mix maize meal and soy flour in pot.
Stir in the water and bring the mixture to a boil.
Reduce heat and simmer, stirring occasionally, for 5-10 minutes.
Stir in the sugar and salt. Serve warm.

Makes 4 cups

Nutrition Facts per Serving (1/2 cup): 65 Kcal, 0.2 g Fat, 13 g Carbohydrate, 3 g Protein, 1.2 g Fiber, 0 mg Cholesterol, 151 mg Sodium

Nutrition Facts per Serving using all whole maize meal: 58 Kcal, 0.2 g Fat, 13 g Carbohydrate, 1 g Protein, 0.2 g Fiber, 0 mg Cholesterol, 151 mg Sodium

If made with Soy Protein Concentrate: 4 g Protein per serving.
If made with Soy Protein Isolate: 6 g Protein per serving.
Soy Halva

1 cup (144g) whole wheat flour, lightly roasted
1 cup (132g) defatted soy flour, lightly roasted
2 cups (500ml) water
½ cup (120g) sugar
¼ cup (30ml) soybean oil
Cardamom, nuts, cinnamon, raisins – to taste (optional)

In a medium non-stick pot, add the pre-roasted flours. Gradually add about ¾ of the water, smoothing out lumps with a slotted spoon. When a thick paste is formed, place on low heat and mix in the rest of the water.

Mix in the sugar. Cook 3-5 minutes, stirring constantly.

When mixture is bubbling, gradually add and stir in the soybean oil. If desired, add raisins, nuts, cardamom and/or cinnamon.

Makes 6 portions

Nutrition Facts per Serving: 230 Kcal, 10 g Fat, 33 g Carbohydrate, 7 g Protein, 3 g fiber, 0 mg Cholesterol, 5 mg Sodium

Nutrition Facts per serving when made with all wheat flour: 240 Kcal, 10 g Fat, 37 g Carbohydrate, 3 g Protein, 3 g Fiber, 0 mg Cholesterol, 0 mg Sodium
**TSP and Beef Meatballs**

½ cup dry TSP granules, or 2 cups cooked mashed soybeans or okara  
½ cup water  
1 lb. (16 oz., 450 grams) ground beef  
1 egg (optional)  
2 cloves garlic, minced  
2 Tbsp. soybean oil  
2 Tbsp. cornstarch  
2 Tbsp. chopped onion  
1½ tsp. salt  
1 tsp. chili powder  
1 tsp. black pepper  
½ tsp. sage  
½ tsp. cayenne pepper

Hydrate the dry TSP by soaking the TSP in water for at least 5 minutes, until tender. Drain and gently squeeze out the excess water from the TSP if necessary.

Mix the hydrated TSP with the ground meat and then mix in the rest of the ingredients.

Shape into 24 small meatballs (2 inches in diameter)

Pan fry in a skillet until cooked through. Alternatively, bake in 375 F oven for 20-25 minutes until lightly browned and cooked through.

Makes 8 servings (3 meatballs per serving)

*Nutrition Facts per Serving: 210 Kcal, 15 g Fat, 5 g Carbohydrate, 13 g Protein, 1 g Fiber, 40 mg Cholesterol, 480 mg Sodium*

*Nutrition Facts per Serving replacing TSP ground beef: 290 Kcal, 25 g Fat, 3 g Carbohydrate, 14 g protein, 0 g Fiber, 65 mg Cholesterol, 500 mg Sodium.*
# Groundnut Stew

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
<th>Notes</th>
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<tbody>
<tr>
<td>2 Tbsp.</td>
<td>oil</td>
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<tr>
<td>3 Tbsp.</td>
<td>fresh ginger, grated</td>
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</tr>
<tr>
<td>1 clove</td>
<td>garlic, minced</td>
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<tr>
<td>2 Tbsp.</td>
<td>ground coriander</td>
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<tr>
<td>½ tsp.</td>
<td>salt</td>
<td></td>
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<tr>
<td>½ tsp.</td>
<td>ground red pepper (cayenne)</td>
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<tr>
<td>1 onion, chopped</td>
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<tr>
<td>2 green or red bell peppers, chopped</td>
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</tr>
<tr>
<td>2 cans (14.5 oz. each)</td>
<td>diced tomatoes, undrained</td>
<td></td>
</tr>
<tr>
<td>1½ cups</td>
<td>vegetable broth</td>
<td></td>
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<tr>
<td>½ cup</td>
<td>dry TSP</td>
<td></td>
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<tr>
<td>1 cup</td>
<td>tomato juice</td>
<td></td>
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<tr>
<td>½ cup</td>
<td>creamy peanut butter</td>
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<td></td>
<td></td>
<td>Cooked rice, optional</td>
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Heat the soybean oil in a deep skillet. Add the grated ginger, minced garlic, ground coriander, salt and ground red pepper; sauté, stirring constantly, for 1 minute. Add the chopped onion and continue to cook until the onion is tender.

Add the chopped bell peppers, undrained tomatoes, and the vegetable broth. Simmer for 5 minutes.

Stir in the dry TSP and simmer for 10 minutes

Stir in the tomato juice and peanut butter and simmer for 5 minutes. Remove from heat and serve hot, preferably over rice.

Makes 7 servings

*Nutrition Facts per serving: 220 Kcal, 14 g fat, 17 g Carbohydrate, 10 g Protein, 5 g Fiber, 0 mg Cholesterol, 700 mg Sodium

*Nutrition Facts per Serving using Ground Chicken in place of TSP: 270 Kcal, 20 g Fat, 14 g Carbohydrate, 13 g Protein, 4 g Fiber, 25 mg Cholesterol, 720 mg Sodium*
**Soy Chorizo with Rice and Beans**

1½ cups TSP  
4 cups water, divided  
1½ Tbsp. Ancho chili powder  
1 Tbsp. Mexican oregano  
1 tsp. black pepper  
½ tsp. cinnamon  
2 garlic cloves, minced  
1 Tbsp. soybean oil  
¼ cup vinegar or fresh lime juice  

1½ tsp. vegetarian bouillon  
1 jalapeno chili pepper, chopped  
¼ tsp. ground cloves  
2 yellow onions, chopped  
1½ tsp. vegetarian bouillon  
Enriched long grain rice  
½ lb. pinto beans  
⅛ cup soybean oil

Rehydrate TSP with scant 1 1/2 cups water for least 5 minutes, until tender.

In a small bowl, mix together the Ancho chili powder, oregano, black pepper, cinnamon and garlic.

In a large skillet, heat soybean oil, add cloves, chili peppers and chopped onions. Cook until tender.

Add the rehydrated TSP, and spice mixture. Mix well and cook until heated through. Add vinegar or lime juice and bouillon.

Cook rice and beans. Serve soy chorizo over rice and beans.

Makes 12 servings

*Nutrition Facts per Serving: 220 Kcal, 3 g Fat, 36 g Carbohydrate, 10 g Protein, 5 g Fiber, 0 mg Cholesterol, 15 mg Sodium.*

*Nutrition Facts per Serving replacing TSP ground beef: 276 Kcal, 10 g Fat, 33 g Carbohydrate, 11 g Protein, 3 g Fiber, 25 mg Cholesterol, 40 mg Sodium.*
Sāmbhar

10 cups water, divided ½ Tbsp. mustard seeds
2 cups Soy Dal ½ Tbsp. cumin seeds
1 packet Gits Sāmbhar mix ½ Tbsp. urad dal
1-2 curry leaves (or 1 fresh) ½ Tbsp. channa dal
½ Tbsp. tamarind concentrate 1 tsp. turmeric
8 oz. canned crushed tomatoes ½ cup onions, finely chopped
Salt to taste 2 Tbsp. ginger, finely chopped
16 oz. frozen mixed vegetables, thawed 1 Tbsp. finely chopped fresh cilantro
2 Tbsp. soybean oil

Combine 6 cups water and the soy dal in medium saucepan. Bring to a boil over medium heat and cook until softened, and liquid thickens, about 8 minutes.

Prepare masala: Put remaining four cups of water in large pot and heat, then add Gits Sāmbhar mixture, curry leaves and tamarind concentrate. Bring to a boil.

Add crushed tomatoes and salt; continue to heat.

Add the thawed frozen mixed vegetables.

Boil the Sāmbhar for 5 minutes on low heat.

Prepare the seasoning. Heat the vegetable soybean oil and add the mustard and cumin seeds, then the urad and channa dals, then the turmeric. Add the onions and ginger, sauté for 2 minutes on medium heat. Add this to Sāmbhar.

Mix well and serve hot.

Makes 12 Servings

Nutrition Facts per Serving: 293 Kcal, 2.7 g Fat, 18.3 g Carbohydrate, 10.4 g Protein, 6.2 g Fiber, 0 mg Cholesterol, 39 mg Sodium

Nutrition Facts per Serving using Tur Dal: 125 Kcal, 2.9 g Fat, 19 g Carbohydrate, 5.8 g Protein, 1.5 g Fiber, 0 mg Cholesterol, 38.9 mg Sodium
Fruity Soymilk Smoothie

2 cups soy milk
½ cup frozen orange juice concentrate (undiluted)
1 cup or more fruit
1 tsp. lemon juice
Sugar to taste (about 1 Tbsp.)
Ice (optional)

Combine all ingredients in an blender container. Blend until smooth. Add ice if desired.

Variations: Canned mango puree, fresh or frozen strawberry, fresh banana, crushed pineapple, coconut powder, or any fruit combination can be used. Adjust the amount of juice depending on your preference.

Makes 4 (3/4 cup) servings

Nutrition Facts per Serving: 160 Kcal, 2.5 g Fat, 32 g Carbohydrate, 5 g Protein, 1 g Fiber, 0 mg Cholesterol, 80 mg Sodium

Nutrition Facts per Serving replacing soy milk with 2% dairy milk: 170 Kcal, 2.5 g Fat, 32 g Carbohydrate, 5 g Protein, 1 g Fiber, 10 mg Cholesterol, 60 mg Sodium
Banana Muffins

1½ cups all-purpose flour
½ cup soy protein isolate or soy flour
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
½ cup chopped walnuts (optional)

3 ripe bananas, peeled and mashed
1 cup granulated sugar
½ cup vegetable oil
3 eggs
¼ cup soymilk or milk
1 tsp. vanilla

Preheat the oven to 375° F. Coat a muffin tin with cooking spray.

Mix together the all-purpose flour, soy protein isolate or soy flour, baking powder, baking soda, salt, and nuts. Set aside.

Beat together the bananas, sugar, oil, eggs, soymilk, and vanilla in a large mixing bowl. Add the flour mixture and mix until just moistened.

Fill the muffin cups three-fourths full with the batter. Bake 20 to 22 minutes, until a toothpick inserted in the center of one of the muffins comes out clean. For mini-muffins, bake about 10 minutes. Remove muffins from tin and cool on a wire rack.

Makes 12 muffins, or 60 mini-muffins

Nutrition Facts per Serving: (made with soy protein isolate): 270 Kcal, 11 g Fat, 37 g Carbohydrate, 8 g Protein, 2 g Fiber, 45 mg Cholesterol, 290 mg Sodium

Nutrition Facts per Serving: (made with soy flour): 270 Kcal, 12 g Fat, 38 g Carbohydrate, 5 g Protein, 2 g Fiber, 45 mg Cholesterol, 240 mg Sodium

Nutrition Facts per Serving: (made without soy): 270 Kcal, 11 g Fat, 41 g Carbohydrate, 4 g Protein, 1 g Fiber, 45 mg Cholesterol, 240 mg Sodium
All recipes in this booklet have been provided by

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