



BOWL ME OVER

SIMPLY SOYFOODS

QUICK AND EASY RECIPES



BOWLS OF

TASTY SOYFOODS

Everyone in your family has different likes and dislikes when it comes to food. Don't let that lead to mealtime frustration. When planning your next meal try one of the many **TASTY** soy products that can be found in every aisle of the supermarket.

Not only do soyfoods lower cholesterol and calories, they are heart healthy, nutrition-packed, and affordable!

Make soyfoods a part of your next meal or snack, with smart, **TASTY**, simple options to meet every taste bud in your family.

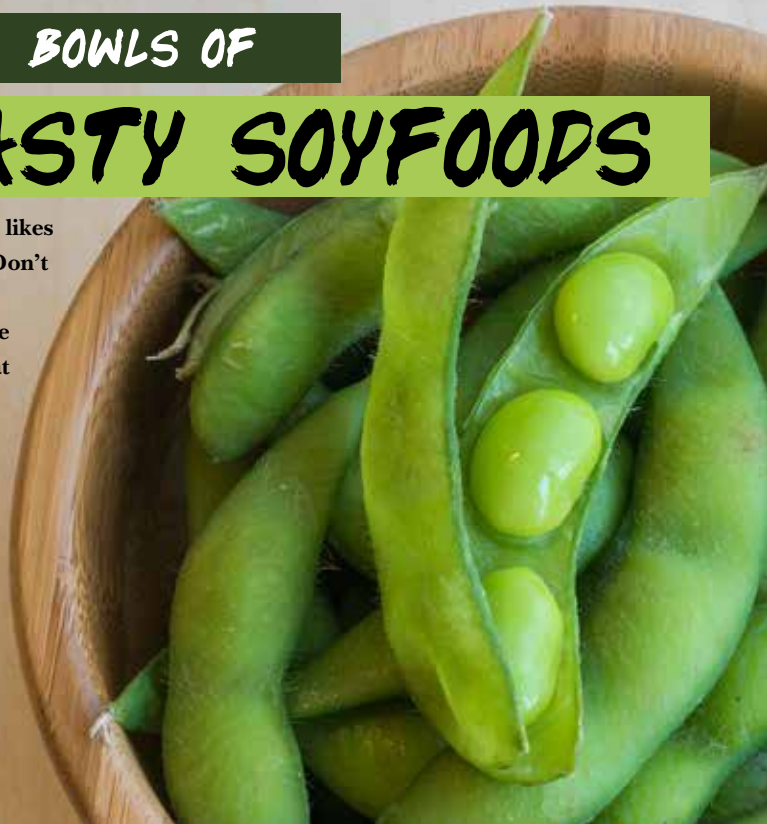


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PRETTY DARN SMOOTH(IE) BOWL

Recipe brought to you by
Silk

INGREDIENTS:

- 1 cup Silk Soy Plain Yogurt, any flavor except chocolate
- 1/2 cup oats
- 1 frozen banana
- 1 cup frozen mixed berries
- 1/4 avocado
- 1 Tbsp. honey
- 1 Tbsp. ground flax seeds
- Topping suggestions: goji berries, chia seeds, fresh berries, pumpkin seeds, granola

PREPARATION:

Combine all ingredients except toppings in a blender and process until smooth. Sprinkle with toppings.

Tip: Remember to peel and chop the banana before freezing!

Makes 2 servings.

Nutrition per serving: 330 calories, 8g protein, 60g carbohydrate, 9g dietary fiber, 9g fat (1g sat. fat), 0mg cholesterol, 27g sugar, 20mg sodium



TROPICAL BREAKFAST SMOOTHIE BOWL

Recipe brought to you by
Silk

INGREDIENTS:

- 2 cups Silk Plain Dairy-Free Yogurt Alternative
- 1 cup frozen chopped mango
- 1 cup chopped pineapple
- 1 cup spinach
- 1/2 cup chopped ripe avocado
- 1/2 cup frozen chopped peaches
- 1 Tbsp. honey
- 1/2 cup granola
- 2 Tbsp. chia seeds
- 2 Tbsp. unsweetened coconut flakes

PREPARATION:

Place yogurt alternative, mango, half of the pineapple, spinach, avocado, peaches and honey in blender. Purée until smooth.

Divide smoothie among 4 bowls. Garnish with remaining pineapple, granola, chia seeds and toasted coconut.

Tip: Try substituting banana for avocado, if desired.

Makes 4 servings.

Nutrition per serving: 310 calories, 7g protein, 47g carbohydrate, 8g dietary fiber, 12g fat (3g sat. fat), 0mg cholesterol, 27g sugar, 25mg sodium



EDAMAME BOK CHOY RICE BOWL

Recipe by **Sharon Palmer, RDN**

The Plant Powered Dietitian

sharonpalmer.com

INGREDIENTS:

- 3 cups prepared quick-cooking brown rice
- 1 tablespoon sesame oil
- 1 red bell pepper, sliced
- 2 cups frozen edamame (shelled)
- 6 ounces (about 5 heads) baby bok choy, coarsely chopped
- 2 tablespoons reduced sodium soy sauce (gluten-free)

PREPARATION:

Cook quick-cooking brown rice in pot or rice cooker according to package directions. While rice is cooking, heat sesame oil in a sauté pan, skillet or wok. Add sliced bell pepper and edamame and sauté for 6 minutes. Add bok choy and soy sauce and cook for an additional 4 minutes, just until bok choy is crisp-tender yet bright green. Divide rice among 4 large bowls and top each bowl with one-fourth of the edamame bok choy mixture.

Makes 4 servings.

Nutrition per serving: 329 calories, 17g protein, 50g carbohydrate, 10g dietary fiber, 9g fat, (1g sat. fat), 0mg cholesterol, 5g sugar, 374mg sodium



EDAMAME MARSALA BROWN BASTAMI RICE BOWL

Recipe by **Sharon Palmer, RDN**

brought to you by

Sunrich Naturals

• **INGREDIENTS:**

- 1 ½ cups basmati rice (1/4 cup=45 g)
- 3 cups water
- 1 ½ tablespoons vegetable oil
- 1 onion, diced
- 2 small fresh green chilies, finely diced
- 1 tablespoon grated fresh ginger
- 4 cloves minced fresh garlic
- 1 tablespoons ground cumin
- 2 teaspoons ground coriander
- ½ teaspoon ground mustard
- 1 teaspoon ground turmeric
- ½ teaspoon sea salt (optional)
- ½ teaspoon black pepper
- 1 28-ounce can diced tomatoes, with liquid
- ½ cup finely chopped fresh cilantro
- 1 12-ounce bag frozen, shelled edamame
- 2 teaspoons garam masala
- 1 lemon, juiced

PREPARATION:

Cook basmati rice in water, according to package directions, until tender. Meanwhile, heat oil in a large skillet and add onion, chilies, ginger, garlic, cumin, coriander, mustard, turmeric, salt, and black pepper, sautéing for 9 minutes, stirring frequently. Add canned tomatoes, and mash any large chunks with a wooden spoon to break them apart. Add cilantro and edamame, stirring well to combine. Cover with a lid and cook for 20-25 minutes, until thickened. Serve over brown basmati rice.

Makes 6 servings.

Nutrition per serving: 331 calories, 12g protein, 58g carbohydrate, 7g dietary fiber, 8g fat, (1g sat. fat), 0mg cholesterol, 3g sugar, 181mg sodium



QUICK CURRY VEGGIE BOWL

Recipe by **MorningStar Farms**

brought to you by

Dupont Nutrition and Wellness

INGREDIENTS:

- 1 tablespoon vegetable oil
- 3/4 cup chopped onion
- 2 tablespoons curry powder
- 2 tablespoons tomato paste
- 2 teaspoons grated fresh ginger root
- 1 1/2 teaspoons minced garlic
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 5 cups vegetable broth
- 3 red skinned potatoes, cut into 1-inch pieces (about 12 oz.)
- 1 package (12 oz.) MorningStar Farms® Grillers® Crumbles™
- 2 cups frozen peas
- 1 cup chopped yellow, red or orange bell pepper
- 2 tablespoons coconut cream
- 1/3 cup coarsely chopped fresh cilantro
- 1/2 cup dry roasted peanuts

PREPARATION:

In Dutch oven heat oil over medium heat. Add onion. Cook about 4 minutes or until onion is tender. Stir in curry powder, tomato paste, ginger root, garlic, cinnamon and salt. Cook and stir for 1 to 2 minutes more or until spices are fragrant.

Stir broth and potatoes into spice mixture. Bring to boiling. Reduce heat. Simmer, covered, about 15 minutes or until potatoes are nearly tender.

Stir **MorningStar Farms Grillers Crumbles**, peas and bell pepper into potato mixture. Return to boiling. Reduce heat. Simmer, uncovered, for 2 minutes. Stir in coconut cream. Heat through. Ladle into serving bowls. Top with cilantro and peanuts.

Makes 6 servings.

Nutrition per serving: 320 calories, 18g protein, 38g carbohydrate, 9g dietary fiber, 12g fat, (2.5g sat. fat), 0mg cholesterol, 12g sugar, 1000mg sodium



TOFU TACOS

Recipe brought to you by
House Foods

INGREDIENTS:

- 1 (12 oz.) pkg House Foods Premium or Organic Tofu Firm, drained, pressed and cut into 1/2 in. cubes (alternative option: crumble tofu)
- 1 pkg low sodium taco seasoning
- 12 corn tortillas
- 1 (15 oz.) can low sodium black beans, drained
- 1 (15 oz.) can corn, drained
- 1/3 head lettuce, shredded
- 1 Tbsp oil
- Salsa to serve

Optional Toppings:

- 1 avocado, pitted and cubed
- Cilantro, chopped
- Lime

PREPARATION:

Coat tofu in taco seasoning. Add oil to a pan set to medium-high heat. Add tofu and cook until browned, set aside (if crumbling tofu, add to pan and sprinkle with taco seasoning).

Add black beans and corn to two separate pots set to medium heat. Heat until cooked through.

Warm tortillas in a separate pan. To assemble, add tofu, black beans, corn and lettuce. Top with avocado, cilantro and lime juice.

Makes 12 servings.

Nutrition per serving: 120 calories, 4g protein, 23g carbohydrate, 4g dietary fiber, 2g fat, (0g sat. fat), 0mg cholesterol, 2g sugar, 370mg sodium



VERY VEGGIE BOLOGNESE

Recipe brought to you by
Hain Celestial Group (Yves)

INGREDIENTS:

- 60 mL (4 tbsp.) Spectrum® Organic Canola Oil
- 500 mL (2 cups) of sliced mushrooms
- 1 large onion, minced
- 1 large carrot, minced
- 3 stalks of celery, minced
- 1 package Yves Veggie® Original Veggie Ground Round
- 7 cloves garlic, minced
- 30 mL (2 tbsp.) maple syrup
- 250 mL (1 cup) red wine
- 2 (32 oz.) cans whole peeled tomatoes, crushed
- 1 small can tomato paste
- 4 sprigs fresh thyme or 5 mL (1 tsp.) dry
- 2 sprigs fresh rosemary or 5 mL (1 tsp.) dry
- Kosher salt and freshly ground black pepper

PREPARATION:

Remove soaked mushrooms from liquid and reserve the liquid. Heat oil over high heat until shimmering. Add the onion, carrot, garlic, and cook. Stir and cook until veggies are soft, about 6 minutes. Add the mushrooms and cook. This should take about 6 minutes for the mushrooms to become soft. Add the ground round and continue cooking the mushroom veggie mixture for another 15 minutes so they start to brown, remembering to scrape the bottom of the pan so nothing burns. Add wine to deglaze the bottom of the pan. Add the canned tomatoes, thyme and rosemary.

Reduce heat to medium-low and add tomato paste and maple syrup. Let the mixture simmer for at least 1 hour or up to two hours, making sure to stir often so the mixture doesn't stick to the bottom of the pan. The consistency should be thick. Remove the thyme and rosemary stems, season with salt and pepper.

Serve ragu over veggie or gluten free noodles.

Tip: Sauce keeps up to 6 days in refrigerator.



VANILLA PUDDING

Recipe brought to you by
**Michigan Soybean
Promotion Committee**

INGREDIENTS:

- ½ cup sugar
- 2 Tbsp. cornstarch
- 1 ½ cups plain soymilk
- 1 tsp. vanilla extract

PREPARATION:

Stir the sugar and cornstarch together in a medium saucepan. Whisk in the soymilk. Cook, stirring over moderate heat until the mixture comes to a boil and thickens.

Remove from heat, stir in vanilla, then pour into 3 individual serving dishes. Chill well before serving and top with your fruit of choice.

Makes 3 servings.

Nutrition per ½-cup serving: 150 calories, 4g protein, 33g carbohydrate, 1g dietary fiber, 2g fat (0g sat fat), 0mg cholesterol, 60mg sodium



MANGO BEET TOFU POP

Recipe brought to you by
House Foods

INGREDIENTS:

- 1/2 pkg House Foods Premium or Organic Tofu Soft
- 1 mango, cut into small chunks
- 1 cup precooked beets
- 1 banana
- 1/4 cup super fine sugar

PREPARATION:

Add all ingredients to a blender and blend until smooth. Pour into popsicle molds and freeze at least 4 hours or overnight.

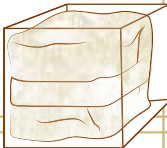
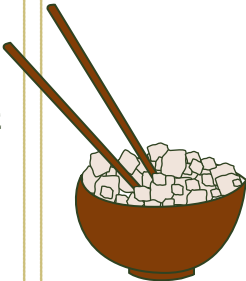


Makes 6-8 servings.

Nutrition per serving: 90 calories, 2g protein, 19g carbohydrate, 1g dietary fiber, 1g fat (0g sat. fat), 0mg cholesterol, 15g sugar, 15mg sodium

SHOPPING FOR SOYFOODS

Tasty soyfoods can be found throughout the supermarket. Use this checklist to inspire you with easy ways to incorporate the nutritious benefits of soy into your everyday meals.

COOKING WITH SOYFOODS

<p>DELI</p> <ul style="list-style-type: none"> <input type="checkbox"/> VEGGIE DOGS and SOY DELI MEATS <input type="checkbox"/> SOYRIZO and SOY SAUSAGES 	<p>CEREAL & BREAKFAST</p> <ul style="list-style-type: none"> <input type="checkbox"/> PROTEIN-ENHANCED CEREAL <input type="checkbox"/> SHAKES AND PROTEIN POWDER 	<p>BAKING</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOYBEAN and VEGETABLE OILS <input type="checkbox"/> SOY FLOUR <input type="checkbox"/> TEXTURED VEGETABLE PROTEIN <input type="checkbox"/> SHELF-STABLE SOYMILK 	<p>INTERNATIONAL</p> <ul style="list-style-type: none"> <input type="checkbox"/> MISO <input type="checkbox"/> SOY SAUCE and TAMARI 	<p>FREEZER</p> <ul style="list-style-type: none"> <input type="checkbox"/> VEGGIE BURGERS, NUGGETS and TENDERS <input type="checkbox"/> CRUMBLES <input type="checkbox"/> SOY-BASED MEALS and BREAKFASTS <input type="checkbox"/> FROZEN EDAMAME and MIXED VEGETABLES <input type="checkbox"/> FROZEN DESSERTS 	<p>DAIRY</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOYMILK <input type="checkbox"/> SOY "YOGURT" <input type="checkbox"/> SOY CHEESE, CREAM CHEESE and SPREADS <input type="checkbox"/> COFFEE CREAMER
<p>PRODUCE</p> <ul style="list-style-type: none"> <input type="checkbox"/> FRESH EDAMAME <input type="checkbox"/> TOFU <input type="checkbox"/> TEMPEH <input type="checkbox"/> SHIRATAKI NOODLES 	<p>SNACKS</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOY NUTS <input type="checkbox"/> SOY CHIPS <input type="checkbox"/> PROTEIN BARS 	<p>SPREADS</p> <ul style="list-style-type: none"> <input type="checkbox"/> SOY NUT BUTTER 			

Tofu: extra-firm replaces meat protein in recipes such as grilled kabobs and sandwiches, or use soft or silken in place of mayonnaise and sour cream in creamy dishes, such as soups and dips.

Edamame: serve these green soybeans in the pod for an appetizer or add to dishes, such as chili or stir-fry, for protein-packed flavor and texture.

Soy milk: ideal for beverages such as smoothies and lattes, over cereal and in cooked dishes, such as puddings or custards.

Dairy alternatives: a wide range of dairy-free products are available, including soy-based "yogurt," "cheese," and frozen desserts.

Soy crumbles: perfect for chili, spaghetti sauce, and tacos, this "veggie ground" contains 75% less fat than ground beef.

Soy flour: improves taste and texture and elevates the nutrition profile when mixed with wheat flour.



FOR MORE INFORMATION AND DELICIOUS RECIPES VISIT:

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