

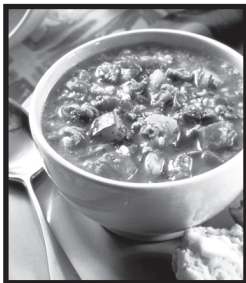
APRIL IS NATIONAL SOYFOODS MONTH

Mediterranean Soup

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

Edamame make an excellent addition to mezze appetizer plates with hummus, eggplant dip and pita bread.

nebraskasoybeans.org

INGREDIENTS...

1 cup	Chopped onion	1 tsp	Thyme leaves, dried, crumbled
2	Cloves garlic, minced	1 tsp	Salt
2 tbsp	Soybean oil (vegetable oil)	1 tsp	Ground pepper
2 qts	Vegetable or chicken broth	3 qts	Diced tomatoes, canned
2 qts	Water	2 cups	Zucchini, diced (3/4 inch)
3 cups	Textured soy protein (10 oz.)	1 cup	Celery, sliced
2 cups	Brown rice, uncooked	1/2 cup	Parsley, chopped (optional)
2 tsp	Oregano leaves, dried, crumbled		

Saute onion and garlic in oil until tender. Add broth, water, soy protein, brown rice and seasonings. Bring mixture to boil; reduce heat and simmer, covered, 30 minutes. Add tomatoes, zucchini and celery; return to boil, reduce heat and simmer 20 minutes or until rice is tender. Portion 12 ounces into large bowls, if desired. Sprinkle 1 teaspoon minced parsley over each serving.

Makes 6 servings (12 oz each)

Per serving:

Calories: 182

Protein: 11 g

Carbohydrate: 31.8 g

Total fat: 2.2 g

Cholesterol: 2.0 mg

Sodium: 510 mg

Dietary Fiber: 3.6 g

For more enjoyable soy recipes call 800-852-BEAN