

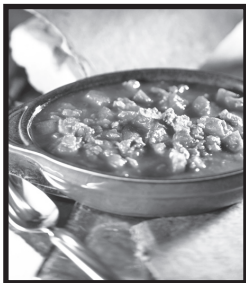
APRIL IS NATIONAL SOYFOODS MONTH

Soy Turkey Chili

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

*Flavor your signature
barbeque sauce with
dark miso for
a unique taste.*

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INGREDIENTS...

3 cups	Boiling Water	1 1/2 qts	Canned tomato sauce
2 cups	Texturized soy protein (TSP)	4 oz	Canned green chilies, diced (1/2 cup)
2 lbs	Ground turkey breast	5/16 cup	Chili powder
3 cups	Onions, chopped	2 tsp	Salt
3 cups	Green peppers, chopped	1 tbsp	Jalapeno peppers, minced
1 tbsp	Garlic, minced	3 qts	Water
1 tbsp	Soybean oil (vegetable oil)		
10 oz	Canned diced tomatoes, including liquid		

In a large bowl, pour boiling water over soy protein.

In a 14-quart pot, sauté turkey, onions, peppers and garlic in oil over medium high heat until turkey is no longer pink. Add rehydrated soy protein and remaining ingredients.

Bring to a boil; reduce heat and simmer uncovered for 45 minutes. Serve with assorted condiments such as shredded lowfat Cheddar cheese, yogurt, sour cream or minced onion.

Makes 24 servings

Per popper:

Calories: 97

Protein: 16.0 g

Carbohydrate: 7.5 g

Total fat: 1.3 g

Cholesterol: 27 mg

Sodium: 144 mg

Dietary Fiber: 3.1 g

For more enjoyable soy recipes call 800-852-BEAN