

APRIL IS NATIONAL SOYFOODS MONTH

Great Plains Harvest Soup

Recipes provided by...

Soybeans

Nebraska Soybean Board



INGREDIENTS...

4 tbsp butter	1 (15 oz) can yellow or black soybeans
1 cup diced onion	1 cup shelled edamame
3/4 cup diced carrot	1/4 tsp white pepper
1/2 cup diced celery	1/2 tsp salt
1/2 cup diced leek	1/2 cup half-and-half or light cream
2 garlic cloves, sliced	1 (3.5 oz) package MicroSoy Super Spud or I.M. Healthy Instant Mashed Potatoes
10 cups chicken stock	2 tbsp chopped parsley
2 bay leaves	
8 branches of fresh thyme	
1 1/2 tsp fresh sage	
1 cup cooked wild rice	

Per serving:

Calories:	320
Total fat:	13 g
Saturated fat:	0.1 g
Protein:	13.9 g
Carbohydrate:	38.7 g
Fiber:	4 g
Cholesterol:	26 mg
Iron	1.4 mg
Sodium:	1331 mg
Calcium:	115 mg

Melt butter in a large saucepan over medium-high heat, add onion, carrot, celery, and leek. Saute 5 minutes. Add garlic, saute 3 minutes. Add stock, bay leaves, thyme, sage and wild rice. Bring to a boil and reduce heat to a simmer. Cook for 40 minutes. Add canned soybeans, edamame, salt, pepper, and cream. Cook 10 minutes or until heated through. Remove bay leaves. In a blender, combine MicroSoy Super Spuds with 2 cups of stock from the soup. Allow to sit for 2 minutes in the blender. The, blend until smooth. Add to soup. Bring to a simmer. Serve immediately. Sprinkle with chopped parsley.

Yield: 12 Cups. Serving size: 1 1/2 Cups

nebrasosoybeans.org

For more enjoyable soy recipes call 800-852-BEAN