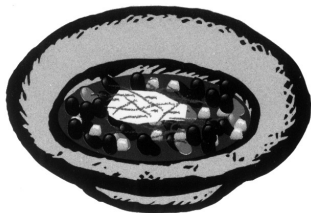


APRIL IS NATIONAL SOYFOODS MONTH

Black Soybean Tortilla Soup

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 1 12 oz package frozen corn and edamame (soybean) or
- 1 1/2 cups each frozen corn and frozen edamame
- 1 16 oz jar chunky salsa
- 1 15 oz can black soybeans*, rinsed and drained
- 2 14 oz cans chicken broth
- 4 cups lightly crushed tortilla chips
- shredded soy cheddar cheese
- soy sour cream

**Canned black soybeans are sweeter and firmer than other canned beans and complement the corn and edamame in this Tortilla soup.*

Per serving:

Calories:440
Total fat:17 g
Saturated fat:4.5 g
Cholesterol:15 mg
Sodium:1050 mg
Carbohydrate:51 g
Protein:22 g
Dietary Fiber:10 g
Calcium204 mg

Combine corn and edamame, salsa, and drained black soybeans in 4 to 5 1/2 quart slow cooker. Stir in chicken broth. Cover and cook on LOW 6 to 8 hours (HIGH 3 to 4 hours).

Pour soup over tortilla chips in individual soup bowls. Garnish with soy cheddar cheese and soy sour cream. Makes 4 servings.

Yield: 4 servings

Slow Cooker Tip...

Spray the inside of the slow cooker with nonstick soybean cooking spray to help with clean-up.



SOY EASY
Slow Cooker Recipe