

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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|--------------------------------------|----------------------------------|
| 1 Tbs soybean oil | 1 can (14.5 oz.)
creamed corn |
| 1 medium onion,
chopped | 1 1/2 cups plain
soymilk |
| 2 cloves garlic, minced | 1/2 tsp oregano |
| 2 cups vegetable or
chicken broth | 1/4 tsp black pepper |
| 10 oz. frozen chopped
broccoli | |

Per 1 cup:

Calories:.....	125
Total fat:.....	4 g
Saturated fat:.....	0.3 g
Cholesterol:.....	0 mg
Sodium:.....	576 mg
Carbohydrate:.....	19 g
Protein:.....	4 g
Soy Protein:.....	2 g
Dietary Fiber:.....	2 g

Heat the oil in a medium saucepan and sauté the onion and garlic until the onion begins to soften. Add the broth and frozen broccoli and bring to a boil, using a large spoon to break up the frozen broccoli. Reduce heat to medium and simmer until the broccoli is cooked through, about 5 minutes. Remove from heat. Using caution because the soup is hot, pour the soup into a blender and blend briefly to cut up the broccoli and onion into small pieces. Do not purée. Return the soup to the pan and stir in the creamed corn, soymilk, oregano and black pepper and heat through.

Yield: 6 cups