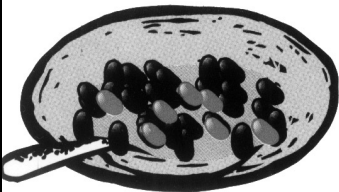


APRIL IS NATIONAL SOYFOODS MONTH

Edamame Calico Beans

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 1 16 oz can baked beans
- 1 15 oz can black soybeans, rinsed and drained
- 1 15 oz can garbanzo beans (chick peas) rinsed and drained
- 1 12 oz package frozen shelled edamame
- 1 cup maple syrup or barbecue sauce
- 1/4 cup cooked bacon bits
- corn bread or corn muffins

All this recipe requires is simple assembly of ingredients right into your slow cooker. Frozen edamame can be found with other frozen vegetables in many supermarkets.

Combine baked beans, black soybeans, garbanzo beans, edamame, syrup or barbecue sauce and bacon bits in 4 to 5 1/2 quart slow cooker. cover and cook on LOW 6 to 8 hours (HIGH 3 to 4 hours). If necessary, stir in 1/2 cup water to desired consistency. If desired, serve with corn bread wedges or muffins.

Yield: 8 servings

Per serving:

Calories:310
Total fat:4 g
Saturated fat:0 g
Cholesterol:5 mg
Sodium:520 mg
Carbohydrate:55 g
Protein:15 g
Dietary Fiber:9 g
Calcium126 mg



SOY EASY
Slow Cooker Recipe

Slow Cooker Tip...

Do not reheat foods in your slow cooker.