

Recipes provided by...

Soybeans

Nebraska Soybean Board



INGREDIENTS...

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| 1 1/2 cups dry textured soy protein granules | 2 tsp ground chipotle chili powder |
| 4 1/2 cups hot water, divided | 2 tsp ground cumin |
| 2 Tbs soybean oil | 2 tsp dried oregano leaves |
| 1 cup diced onion | 2 tsp malt vinegar |
| 1 cup diced red bell pepper | 1/2 tsp salt |
| 1 cup diced celery | 1 cup fresh spinach, finely shredded |
| 1 can (6 oz) tomato paste, no salt added | 1/2 cup ketchup |
| 1/4 cup molasses, full flavor, unsulphered | 8 whole wheat dinner rolls, split |

Per serving:

Calories:	230
Total fat:	6 g
Saturated fat:	1 g
Cholesterol:	0 mg
Sodium:	540 mg
Carbohydrate:	41 g
Protein:	9 g
Soy Protein:	8 g
Dietary Fiber:	5 g

Place soy protein in medium bowl. Add 1 1/2 cups hot water and set aside 5 minutes to rehydrate.

Heat soybean oil in large saucepan over medium heat. Add onion and sauté 5 minutes, stirring occasionally, until translucent and browned. Add bell pepper, celery, tomato paste, rehydrated soy protein and 3 cups hot water. Bring to a boil.

Stir in molasses, chili powder, cumin, oregano, vinegar and salt. Reduce heat, cover, and simmer 15 minutes. Remove lid and bring to boil. Boil 3 to 5 minutes or until mixture is thickened. Stir in spinach and ketchup and return to boil. Remove from heat and spoon rounded 1/2 cup onto bun.

Yield: 8 servings