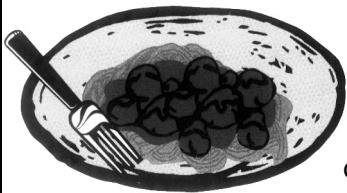


# APRIL IS NATIONAL SOYFOODS MONTH

## Soy Spaghetti with Pizza Sauce

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 2 15 oz cans of pizza sauce
- 3 cups frozen soy crumbles or reconstituted soy protein bits
- 1 2.25 oz can sliced olives
- 1/2 pkg (4.2 oz size) soy pepperoni sliced, if desired
- 2 cups fresh stir-fry vegetables (sliced sweet pepper and onion)
- hot cooked soy enriched spaghetti

*What busy family doesn't like pizza? This slow cooker Italian favorite has all the flavors of pizza and it can be served with soy-enriched spaghetti.*

Combine pizza sauce, soy crumbles, olives, and soy pepperoni, if desired, in 4 to 5 1/2 quart slow cooker. Top with vegetables. Cover and cook on LOW 6 to 8 hours (HIGH 3 to 4 hours). If necessary, stir in water to desired sauce consistency. Serve over soy spaghetti.

**Yield: 4 servings**

### Per serving:

Calories:	.....460
Total fat:	.....9 g
Saturated fat:	.....0 g
Cholesterol:	.....0 mg
Sodium:	.....1500 mg
Carbohydrate:	.....59 g
Protein:	.....33 g
Dietary Fiber:	.....10 g
Calcium	.....127 mg



**SOY EASY**  
Slow Cooker Recipe

### Slow Cooker Tip...

For more even cooking of vegetables, have cut-up vegetables uniform in size.

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For more enjoyable soy recipes call 800-852-BEAN