

Soy Easy...
Slow Cooker Recipes



Soy Easy...Slow Cooker Recipes

With busy families' hectic schedules, the convenience of a slow cooker is a quick and fun way to get a meal on the table. These slow cooker recipes were developed to include soyfoods into everyday meals that are fast, easy and delicious. Each recipe uses only 6 ingredients and takes less than 15 minutes to prepare. And by using soyfoods, important health benefits like soy protein, fiber and disease-fighting nutrients are automatically included into your family meals. The best part about using these soy slow cooker recipes is a great tasting dinner is ready when you get home!



Black Soybean Tortilla Soup

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

- 1 (12-oz.) package frozen corn and edamame 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 and soy sour cream

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.

CALORIES 440 (150 from fat); FAT 17g (sat. 4.5g); PROTEIN 22g; CARBOHYDRATE 51g; FIBER 10g; CHOLESTEROL 15mg; IRON 4.5mg; CALCIUM 204mg; SODIUM 1050 mgs

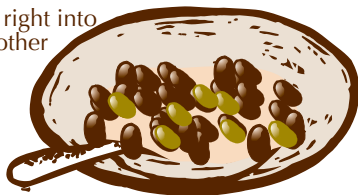


Slow Cooker Tip: Spray the inside of the slow cooker with nonstick soybean cooking spray to help with clean-up.

Edamame Calico Beans

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.

- 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* (see Moist Tofu Cornbread recipe on back)



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. Makes 8 servings.

CALORIES 310 (30 from fat); FAT 4g (sat. 0g); PROTEIN 15g; CARBOHYDRATE 55g; FIBER 9g; CHOLESTEROL 5mg; IRON 3.26mg; CALCIUM 126mg; SODIUM 520 mg



Slow Cooker Tip: Do not reheat foods in your slow cooker.

*For every 1 cup all-purpose flour, replace 1/4 cup with soy flour.

Saucy Chicken and Vegetables

Comfort food is always a favorite with families! A blend of chicken gravy and soymilk with tender chicken and vegetables, makes a flavorful gravy to serve with mashed potatoes or biscuits.

- 1 lb. skinless, boneless chicken breasts
- 1 (10 3/4-oz.) can cream of mushroom or cream of chicken soup
- 1 cup plain soymilk
- 1 (1-oz.) package dry chicken gravy mix
- 2 cups frozen corn and edamame mix or desired frozen vegetables
- Hot mashed potatoes* or biscuits*



Cut chicken in 3/4- inch pieces. Combine soup, soymilk and gravy mix in 4-to 5 1/2-quart slow cooker. Stir in chicken. Top with vegetables. Cover and cook on LOW 6 to 8 hours (HIGH 3 to 4 hours). If necessary, stir in 1/2 cup soymilk to desired consistency. Serve over mashed potatoes or biscuits. Makes 4 servings.

CALORIES 470 (140 from fat); FAT 15g (sat. 4g); PROTEIN 38g; CARBOHYDRATE 45g; FIBER 6g; CHOLESTEROL 80mg; IRON 3mg; CALCIUM 95mg; SODIUM 1250 mg



Slow Cooker Tip: Prepare and layer the dish as directed. Some ingredients are put on top because they do not need the long cooking times.

*Substitute plain soymilk and/or soy sour cream when preparing mashed potatoes.

**For every 1 cup all-purpose flour, replace 1/4 cup with soy flour.

Edamame Sweet and Sour Pork

If you like sweet and sour Asian food, you'll want to try this slow cooker version. Edamame boosts the fiber and soy protein in this Asian dish and adds great color.

- 1 lb. pork tenderloin
- 1 (8-oz.) can pineapple chunks, drain and reserve liquid
- 1 1/2 cups frozen shelled edamame
- 3/4 cup sweet & sour sauce
- 1 tablespoon grated fresh ginger
- 2 cups fresh stir-fry vegetables (sliced sweet peppers and onion)
- Hot cooked rice

Cut pork in 1-inch pieces. Drain pineapple, reserving liquid. Combine pork, pineapple chunks, edamame, sweet and sour sauce, and ginger 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 reserved pineapple liquid to desired consistency. Serve with hot cooked rice. Makes 4 servings. CALORIES 420 (80 from fat); FAT 9g (sat. 2g); PROTEIN 32g; CARBOHYDRATE 52g; FIBER 5g; CHOLESTEROL 75mg; IRON 3.5mg; CALCIUM 68mg; SODIUM 370 mg

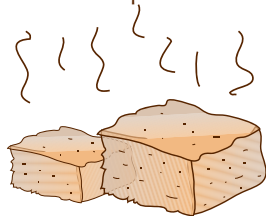


Slow Cooker Tip: Resist the urge to lift the lid and check the dish. Lifting the lid allows heat to escape and will increase the cooking time.

Moist Tofu Cornbread

This recipe is from Didi Emmons, author and is featured in the new cookbook, *Simply Soy*. Tofu helps produce a dense moist bread that makes a good companion to soup or chili.

- 1 cup cornmeal
- 3/4 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon minced fresh or dried rosemary, optional
- 8 ounces firm water-packed tofu, drained
- 5 1/2 tablespoons vegetable oil
- 1 cup water



1. Preheat oven to 350 degrees. Spray or oil a 9x5-inch loaf pan.
2. In a large bowl, combine the cornmeal, flour, baking powder, salt, and rosemary; mix well.
3. In another bowl, squeeze the tofu through your hands until it is the consistency of scrambled eggs. Stir in the oil and 1 cup water. Add this to the dry ingredients and stir just until moistened (the batter will be very dry).
4. Spoon the batter into the prepared pan, and bake until a knife inserted comes out clean, about 45 - 50 minutes. Cool in the pan for about 10 minutes, then rap the pan sharply to remove the bread, and cool the bread on a rack for at least another 20 minutes before slicing. Yield: 12 slices.

CALORIES 26 (7% from fat); FAT 1g (sat fat 0.1g, mono fat 0.1g, poly fat 0.2g); PROTEIN 3.9g;
CARBOHYDRATE 24.7g; CHOLESTEROL 4mg; IRON 1.4mg; SODIUM 227mg; CALCIUM 20mg;

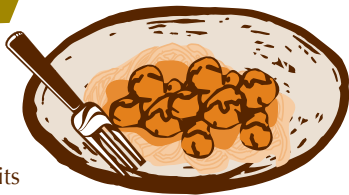
Soy Spaghetti with Pizza Sauce

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.

- 2 (15-oz.) cans pizza sauce
- 3 cups frozen soy crumbles or reconstituted soy protein bits
- 1 (2.25-oz.) can sliced olives
- 1/2 of a (4.2-oz. package) soy pepperoni slices, if desired
- 2 cups fresh stir-fry vegetables (sliced sweet peppers and onion)
- Hot cooked 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. Makes 4 servings.

CALORIES 460 (80 from fat); FAT 9g (sat. 0g); PROTEIN 33g; CARBOHYDRATE 59g; FIBER 10g; CHOLESTEROL 0mg; IRON 8mg; CALCIUM 127mg; SODIUM 1500 mg



Slow Cooker Tip: For more even cooking of vegetables, have cut-up vegetables uniform in size.