



Good News About
Good Eating

*Simple tips for including soy in your
everyday meals.*

Photo courtesy of The Soyfoods Council.



Photo courtesy of The Soyfoods Council.

Nutritious Soyfoods

TSP (texturized soy protein) also called TVP™ (textured vegetable protein) and Tofu are soyfoods that are high in protein, low in fat and cholesterol and amazingly versatile. They are also economical and can be the basis of many meals. In most cases you can use them in your favorite recipes to replace meat or poultry, or use them along with those other protein sources.

TSP/TVP® and tofu are very mild in flavor and take on the flavors of other ingredients, which makes them amazingly versatile. They work in spaghetti or pizza sauces, Asian dishes, Mexican favorites, casseroles, smoothies, puddings, you name it.

While the forms of these two soyfoods may seem strange at first, once you have worked with them, used them in recipes, and gained your family's confidence, you'll find they are easy to include in everyday meals and can help keep your food budget in line.

Convenient TSP/TVP™

TSP/TVP™ (we'll just call it TSP from here forward) is a very convenient soy protein product that is made from soy flour and formed into small pieces, about the size and shape of browned ground beef, or into small chunks about the size of meat cut for stew. It works in almost any recipe where you use ground beef or other meat.

TSP is high in protein, has no fat, no cholesterol and no sodium. It does provide iron and calcium.

Because most TSP is dried, you can store it on the cupboard shelf and use any time. To use dry TSP you need to soak (rehydrate) it in hot liquid for a few minutes before adding to recipes. Rehydrated TSP should be refrigerated and used within a few days.

You can find TSP in the bulk foods sections of supermarkets or in the beans/grains section (Bob's Red Mill). You can also find rehydrated TSP in chubs (chunky tubes) in the refrigerator/freezer section with other soy-based meat alternatives. This form has already been rehydrated and is ready to use. It is also more expensive than the dry TSP.

Simple

The dry form of TSP almost doubles when rehydrated, so one cup of the dry granules (about 4 ounces), when rehydrated yields 2 cups of ready-to-go protein (see the chart for serving sizes and cost comparisons).

The dry TSP granules do need to be rehydrated in a hot liquid (water or broth) for about 3 to 5 minutes. You can use chicken, vegetable or beef broth, or bouillon granules or a bouillon cube to both moisten and flavor the TSP.

The usual amount is just slightly less water than the measurement of the TSP, for example 7/8 cup of hot liquid to 1 cup TSP. Just check the label on the TSP you buy for specific directions. TSP does not need to be browned, just heated as a part of a recipe. Once moist it's ready to go.

If you are making a soup or a sauce, you don't need to rehydrate the TSP in advance but you will need to add additional liquid to the recipe.

Give TSP a try in any of the recipes that follow, and then use it in your favorite recipes.

Adaptable Tofu

Tofu is simply a versatile "cheese" made from soymilk. It's becoming more familiar to us in the US although some may not yet know how easy it is to use. Tofu is a staple of millions and millions of folks all across Asia. Tofu is amazingly versatile and, because of its very mild flavor, it can partner with countless ingredients and be used in salads, main dishes, casseroles, smoothies, desserts and much more. It can "disappear" into a finished dish, absorbing the flavors of other ingredients and seasonings.

Tofu has less than 5 grams of fat per serving (less than 1 of those grams is saturated fat), no cholesterol and practically no sodium.

You'll find tofu in several types and forms (see below) in the refrigerated section of the produce department.

Versatile Tofu Types

Select the type and texture that best meets your budget and your recipe needs. The recipes that follow will tell you which type to buy. Tofu comes in two types: water-packed and silken. Silken comes in a box.

Water-Packed. This is the original version – a block of the cream-colored curd, packed in water in a plastic container and sealed. Water packed tofu is dense and solid and comes in three textures: soft, firm and extra firm.

- **Soft** is right for smoothies, sauces and in baking; where you want the tofu to blend easily with other ingredients.
- **Firm** and **Extra Firm** are best for cubing to add to stir fries or salads, or to slice and marinade for main dishes.

Water-packed tofu is perishable and will only last a few days in the refrigerator. Any unused portions should be covered with water, refrigerated and used within a day or two. The packages of water-packed tofu are usually 14-ounces or 16-ounces, enough for 8 to 12 servings.

You can freeze water-packed tofu, by draining well and freezing in a zip top plastic bag. An advantage to freezing is that it drives liquid out of the tofu, so that frozen tofu, when thawed, is more dense and easy to handle for grilling or stir frying. Some recipes will direct you to press the tofu by plac-

ing it on paper towels, topping with a pan or plate and then a can or some other weight to push liquid out and make the tofu more dense. (This step isn't necessary for silken tofu.)

You can marinate slices or cubes of water-packed tofu – in soy or teriyaki sauce, salad dressings or other marinades. Then heat up the slices or cubes in a skillet and serve as you would marinated chicken or meat.

Silken Tofu typically comes vacuum-packed in a 12-ounce box and will last, unopened, for some time in the refrigerator – just check the use-by date on the carton. Silken tofu has a soft, custard-like texture. You'll find silken tofu in three firmnesses: soft, firm and extra-firm. Silken tofu is ideal for blending or pureeing.



Photo courtesy of The Soyfoods Council.

Economical

Product	Package Size	Serving Size	Cost/Cost Per Serving
TSP	4 ounces = 1 cup dry or 2 cups moist	1/2 cup moist	\$2.59/pound bulk=16 cents per serving, \$2.59/10 ounce package = 23 cents per pound
Tofu Water-Packed	14 or 16 ounces = about 5 servings	3 +ounces or 1/5 package	\$1.99 per pack- age =39 cents per serving
Silken	12.3 ounces = 4 servings	1/4 package	\$1.79 per package = 45 cents per serving
Ground Beef, 80 to 85% lean*	1 pound	3 ounces	\$2.59/pound = 49 cents per serving

Prices may change from city to city.

Delicious

With these simple recipes you aren't changing the way you cook or the way you eat. You're just boosting the flavor, improving the texture and altering the nutrition profile of your favorite types of foods. Now that you know more about tofu, TVP™ and TSP, it's time to head into the kitchen. You're already aware of the convenience, versatility and value of soyfoods. Next, you'll discover how these delicious ingredients lend themselves to quick family meals. These recipes were developed by Cassie Miller and Amanda Pudlik, Iowa State University Culinary Student. This brochure was funded by the United Soybean Board. It's time to cook – enjoy!

Tofu and Dumplings

Makes 6 servings

Steamed dumplings are an unpretentious but delicious way to enhance one-pot meals like soups and stews. Think of this recipe as comfort food that's taken a trip around the world. We start with the classic idea of dumplings, found in European cuisines throughout history, add the Asian-inspired note of tofu (the Chinese, after all, have been eating dumplings for hundreds of years), and combine it all with the convenience of a contemporary prepared soup. Not many meals from your pantry can offer this blend of flavor, or such satisfying simplicity.

1/2 (12- or 14-ounce) package firm water-packed tofu

1 cup water

1 (10 3/4 ounce) can cream of celery soup

1/2 medium yellow or white onion, finely chopped

1 teaspoon chicken bouillon granules or 1 chicken bouillon cube, crushed

1 (15-ounce) can peas, drained

1 (15-ounce) carrots, drained

2 tablespoons flour

1 (8-ounce) box Jiffy biscuit mix

3/4 cup water

- Drain the tofu and cut the block in half. Put one half in plastic bag or refrigerator container, cover with water and refrigerate for another use within a few days. Cut the remaining half of the tofu into small cubes and place on paper towels. Pat to dry with additional paper towels and set aside.
- Pour the water, the soup, a soup can of water, chopped onion and the chicken granules or bouillon cube into large pot or deep skillet and stir until smooth. Heat over high heat just until mixture boils.
- Stir in tofu, reduce heat to medium-low and simmer 10 minutes. Stir in the drained peas and carrots and simmer 5 minutes. Sprinkle flour over soup mixture and stir to blend. Simmer 3 minutes.
- Meanwhile, in a medium bowl, prepare biscuit mix according to package directions, using 3/4 cup water instead of 1/2 cup as package says, to make a stiff batter.
- Using a tablespoon, scoop up batter and drop from the spoon onto the simmering liquid. Allow enough space between each dumpling as you drop it in because they will expand a little. Cover and simmer 5 minutes.
- Serve from the pan or skillet into soup bowls. Season to taste with salt and pepper, if needed.

Menu:

Tofu and Dumplings, tossed greens with celery slices and green pepper strips, apple or berry crisp (made from applesauce or frozen mixed berries with oatmeal topping), milk or soymilk

Tofu and Dressing

Makes 6 to 8 servings

The phrase “simple pleasures” was invented to describe recipes like this one. Nobody will be talking about the fact that this is a high protein version of the American classic stuffing or dressing. They might not even realize you’ve added tofu. All they’ll notice is that when you make stuffing, it’s got a better flavor and texture than they’re used to. Everybody will want to know your secret. Perhaps you’ll tell them. Next year.



Photo courtesy of The Soyfoods Council.

- 1 package (14- or 15-ounces) water-packed tofu**
- 1 tablespoon oil**
- 1 (8- or 12-ounce) bag seasoned bread crumbs or 1 box (6 -ounces) stuffing mix**
- 1 can (10 3/4-ounces) cream of mushroom soup**
- 1/4 cup milk**

- Preheat oven to 350°F.
- Drain the tofu and cut into small cubes (it’s okay if the tofu crumbles). Pat dry with paper towels. In a large skillet over medium high heat, heat oil. Add tofu and cook and stir until crumbled and just beginning to brown, about 5 to 8 minutes.
- Meanwhile, in large bowl, prepare the seasoned bread crumbs or stuffing mix as the package directs. Add the tofu and stir with a fork.
- Grease a 1 1/2-quart baking dish or casserole. Spread stuffing/tofu mixture evenly in casserole. In small bowl, stir together soup and milk until smooth.
- Spread over top of stuffing tofu mixture. Bake for 30 minutes. Let stand 5 to 7 minutes before serving.

Menu:

Tofu and Dressing, green beans, fruit salad of mixed canned and fresh fruit (fruit cocktail with apple chunks), brownies or cookies, milk or soymilk

Sweet and Sour Chicken and TSP Meatballs

Makes 4 servings

Admit it: You have a hard time not thinking about parties when you see a recipe for any type of meatballs. These bite-sized wonders are definitely party fare, with a triple-whammy chicken flavor from broth, bouillon and canned chicken, with the texture provided by TSP. Add the vibrant flavors of sweet and sour sauce and you've got a celebration food. Just add the people, and it's an instant party. On the other hand, these meatballs are family-pleasers, too. Who you serve them to is really up to you.



Photo courtesy of The Soyfoods Council.

Meatballs:

1/2 cup TSP
1/3 cup chicken broth OR 1/3 cup water
and 1/2 teaspoon chicken bouillon granules OR 1/2 chicken bouillon cube
1 can (5-ounces) chicken
3 tablespoons all-purpose flour
1 egg
1 tablespoon milk
1/2 package (2-ounces) onion soup mix
1/2 teaspoon Worcestershire sauce (optional)

Sweet and Sour Sauce:

1/3 cup packed brown sugar
1 tablespoon cornstarch
1/3 cup vinegar
2 tablespoons catsup
1 tablespoon water
1 can (8-ounces) pineapple chunks in juice
1 green pepper, seeded and chopped
4 cups cooked rice (white or brown)

- Preheat oven to 400°F.
- In medium mixing bowl, stir together TSP, chicken broth and canned chicken (and liquid from can), breaking chicken into small pieces. Let stand 3 minutes.
- Sprinkle flour over chicken mixture and then using clean hands or a spoon, mix together the egg, milk, onion soup mix and Worcestershire sauce.
- Shape mixture into 12 (1-inch) balls. Arrange balls on bottom of oiled or sprayed 9x13x2-inch baking pan.
- Bake until lightly browned and firm to the touch, about 15 minutes.
- While meatballs are baking, make the sauce. In saucepan over medium-low heat, stir together brown sugar, cornstarch, vinegar, catsup and water.
- Stir in pineapple chunks and juice. Blend. Stir in green pepper. Heat, stirring occasionally, until mixture comes to a boil and is thickened, about 10 minutes.
- Serve meatballs and sauce over cooked rice.

Menu:

Sweet and Sour Chicken with TSP Meatballs, Miso soup, rice, mandarin oranges and banana slices, milk or soy milk

Southwest Tofu Pasta

Makes 6 servings

Scan this recipe and some mighty appetizing words will jump out at you: Southwest flavors, and Macaroni and Cheese, for starters. But it's the tofu that changes everything, including the nutrition profile. Texture, flavor and color all conspire to make this an unforgettable 20-minute meal. Black beans, corn and salsa are why we call it Southwestern. Tofu is why you'll call it sensational.



Photo courtesy of The Soyfoods Council.

- 1 box (14.5-ounces) family size macaroni and cheese**
- 1/2 (14- or 16-ounce) package firm water-packed tofu**
- 1 to 2 tablespoons soy oil**
- 1 can (15-ounces) black beans**
- 1 can (15-ounces) corn**
- 1 1/2 cups prepared salsa (about 16 ounces)**

- Heat water in large saucepan or pot to cook macaroni as package directs.
- Meanwhile, drain the tofu and cut the block in half. Put one half in plastic bag or refrigerator container, cover with water and refrigerate for another use within a few days.
- Cut the remaining half of the tofu into small cubes and place on paper towels. Pat to dry with additional paper towels.
- In skillet over medium-high heat, heat oil. Add tofu cubes and brown, stirring occasionally, to brown on all sides, about 5 minutes. Reduce heat to low and let tofu heat while preparing macaroni and cheese according to package directions.
- In colander, drain and then rinse black beans and corn. In same large saucepan or pot used to cook macaroni, stir tofu, black beans, corn and salsa into macaroni and cheese.
- Heat over medium-low heat until all ingredients are heated through, about 10 minutes. If you wish, serve with additional salsa, shredded cheese or sour cream.

Menu:

Southwest Tofu Pasta, carrot and celery sticks, tortillas or pita bread, fresh or canned pineapple chunks, milk or soymilk

Shepherd's Pie

Makes 6 servings

This dish is inspired by the traditional version that originated as a frugal but delicious way to use leftovers from a roast. Originally, it featured lamb or mutton. Our version gets its beefy boost from bouillon and gravy, but TSP is what gives it that traditional ground-meat texture. We're providing a detailed recipe, but we know you'll improvise with leftover vegetables and potatoes. Who could resist?

1 box (8 ounces) Jiffy buttermilk biscuit mix

3/4 cup beef broth OR 3/4 cup water and 1 teaspoon beef bouillon granules or 1 beef bouillon cube, crushed

1 cup TSP

1 can (15 ounces) mixed vegetables

3/4 cup canned beef gravy, divided

2 teaspoons soy oil

1 cup leftover mashed potatoes or 2 servings instant mashed potatoes (prepared according to package directions)

3 tablespoons grated Parmesan cheese, divided

- Preheat oven to 450°F.
- Prepare biscuits as package directs. Press biscuit dough evenly over bottom and about 3/4 of the way up the sides of 1 or 1 1/2 –quart baking dish. Prick evenly with fork. Bake until golden, about 10 minutes. Set aside. Reduce oven temperature to 350°.
- Heat broth (or water with bouillon) just to boiling. Add TSP and let stand 3 minutes. Meanwhile, in skillet over medium heat, heat oil. Add TSP, vegetables and 1/2 cup of the gravy and cook until slightly crisp around edges, about 5 to 6 minutes.
- Spoon TSP mixture into biscuit crust in baking dish. Spoon remaining with remaining 1/4 cup gravy over the top.
- Stir 1 tablespoon of the grated Parmesan into the mashed potatoes and spread or drop by spoonsfuls over top of TSP mixture. Sprinkle with remaining Parmesan.
- Bake until top is nicely browned, about 15 minutes.

Menu:

Shepherd's Pie, sliced tomatoes or mixed green salad, ice cream, milk or soymilk

Taco Burgers

Makes 4 servings

Serve these as taco filling, or in patties on sandwich buns. Who's going to be paying any attention to burger buns or taco shells anyway, once they take a bite of this blend? Family meals or friendly get-togethers are great opportunities to serve this flavorful entrée featuring TSP. We have a hunch that you're going to customize this recipe over time, so the sooner you get started, the sooner you'll develop your new signature sandwich.



Photo courtesy of The Soyfoods Council.

3/4 cup beef broth OR 3/4 cup water plus 3/4 teaspoon beef bouillon granules or 1 beef bouillon cube, crushed

1 cup TSP

1/4 cup cooked or canned black beans

1/4 cup chopped onion

3 tablespoons flour

1 1/2 tablespoons corn meal

1 packet (1 1/4 ounces) taco seasoning mix

2 to 3 tablespoons soy oil

- Heat beef broth or water and bouillon just to boiling. Add TSP and let stand 3 minutes. In medium bowl, mash half the beans with a fork. Add remaining beans, onion, flour, corn meal and seasoning mix. Add eggs and mix well. Form into 4 patties.
- In large skillet, heat oil over medium-high heat. Add patties and cook until firm and browned on one side, about 3 to 4 minutes. Turn and brown second side. Serve on buns with favorite burger toppings.

For Tacos:

- Delete 1 egg and the flour. In large skillet over medium-high heat, heat oil.
- Add onion and cook until tender.
- In medium bowl, stir together TSP, beans, 1 egg, corn meal and taco seasoning. Cook in skillet until lightly browned, about 4 to 5 minutes, stirring occasionally.
- Serve in tortillas or taco shells with favorite taco toppings.

Menu:

Taco Burgers on buns, coleslaw or carrot and raisin salad, chocolate pudding, milk or soy milk

BBQ Tofu Calzones

Makes 6 servings as a main dish (2 calzones each) or 12 servings as a snack

Any food that combines elements of pizza and barbecue is sure to be popular. This one has something else to recommend it, too – the high protein addition of tofu. Calzones are hand-held specialties, savory turnovers that are appropriate for any occasion when you want to serve casual fare. If your mom had known what you know about soyfoods, you probably would have grown up on these calzones.

- 1 package (14- to 16-ounces) water-packed soft tofu**
- 1 tablespoon soy oil**
- 2 boxes (6.5-ounces each) Jiffy Pizza Crust mix**
- 1/2 cup bottled barbecue sauce**
- 1 to 1 1/2 cups (4 to 6 ounces) shredded mozzarella cheese**

Topping: (optional)

- 1 egg**
- 1/4 cup grated Parmesan cheese (optional)**

- Preheat oven to 425° F.
- Drain tofu and pat dry. Cut into 1/4- to 1/2-inch cubes and pat cubes dry.
- In large skillet over medium heat, heat oil. Add tofu cubes and cook, stirring occasionally, until brown on all sides, about 8 to 10 minutes total.
- Add barbecue sauce. Reduce heat to low and simmer 2 to 3 minutes.
- Meanwhile, prepare pizza crusts as directed on package. Divide dough in half. On lightly floured surface roll each half out to a long rectangle about 6 x 18 inches. Cut each rectangle into 6 pieces, 3 x 6-inches.
- Spoon a generous tablespoonful of tofu mixture at one end of each strip, leaving plenty of room at edges to seal. Top each with a heaping tablespoonful of shredded cheese.
- Fold unfilled side of strip over tofu and cheese and press edges to seal. Grease or spray 2 cookie sheets. Using pancake turner, move each calzone to cookie sheet.
- Beat egg well and then brush beaten egg over top of each calzone. Sprinkle with Parmesan cheese.
- Bake until nicely browned, about 15 minutes.

Menu:

BBQ Tofu Calzones, broccoli spears, fresh or canned pear halves with chocolate syrup, milk or soymilk

Three Bean Chili with Texturized Soy Protein

Makes 8 servings

Can't you just imagine this recipe steaming up your windows as it simmers on a cold day? You might almost feel guilty about the way it makes your kitchen seem all cozy and inviting, when all you had to do was open cans and jars and add some seasoning. Oh, wait: You also added TSP. Now, that's something you can feel good about. Relax at your table with a hot cup of tea and inhale the aromas in your kitchen. Soon it will be time to dish up this hearty chili.

1/2 cup beef broth OR 1/2 cup water and 3/4 teaspoon beef bouillon granules or 1 beef bouillon cube, crushed

3/4 cup TSP

1 tablespoons soy oil

1 can (15-ounces) corn

1 can (15-ounces) black beans

1 can (15-ounces) garbanzo beans

1 can (15-ounces) red kidney beans

1 can (15 1/2 ounces) diced tomatoes

1/2 cup prepared salsa

1 to 2 teaspoons chili powder

1/2 teaspoon garlic powder

Salt and pepper to taste

- Heat beef broth just to boiling. Remove from heat. Add TSP and let stand 3 minutes.
- In skillet over medium-high heat, heat oil. Add TSP and cook and stir until slightly crisped, about 5 to 6 minutes. Add TSP to large pot.
- Drain and rinse black beans, garbanzo beans and kidney beans and add to pot with TSP. Add tomatoes, salsa, chili and garlic powder.
- Heat over medium-high heat just until boiling, then reduce heat and simmer for 30 to 40 minutes. OR combine TSP, beans and seasonings in slow cooker and cook for shortest time available on slow cooker (4 hours).

Christmas Morning Breakfast Pita

Makes 4 servings

This simple specialty will give you one more reason to celebrate. Even on one of the busiest mornings of your year, you'll be able to serve a breakfast that's worthy of the occasion. This breakfast pita offers a creative way to introduce the goodness of soy cheese and soy bacon. Winter squash is the surprise ingredient. No doubt it's just one of many surprises your family will encounter during a day that starts out with a breakfast this good.



Photo courtesy of The Soyfoods Council.

- 1/2 cup winter squash puree, thawed**
- 4 eggs**
- 1 teaspoon margarine**
- 2 tablespoons milk**
- Salt & pepper to taste**
- 1/2 cup soy shredded cheddar cheese**
- 4 slices soy bacon, cooked and crumbled**
- 2 whole wheat pitas**

- In a small saucepan, add the squash and warm over medium heat. Set aside.
- In a medium mixing bowl, crack eggs into bowl, whisk until blended, add milk, stir.
- In a medium skillet over medium heat, add margarine, melt. When the margarine in the pan is hot enough to make a drop of water sizzle, pour in eggs.
- Cook the eggs until the edges start to appear firm. Stir eggs to scramble them.
- Lower the heat to medium low when the eggs appear almost cooked all the way through.
- Stir in squash, cheese and bacon.
- In a microwave on high, warm pitas, approximately 10-20 seconds.
- Cut the pitas in half; open to form pocket. Spoon egg mixture equally into pita halves.



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