

Soybeans

SOYBEANS (The versatile vegetable)

Today, as prices for protein-rich meats strain the budget, the soybean promises some hope for maintaining a good diet at a lower price. Soybeans have been a staple diet for many people of the world for more than 4000 years.

GREEN SOYBEANS:

The soybean grows well in the garden. The Giant Green is preferred for its flavor. Some supermarkets and most health food stores have fresh soybeans in the pod. They are most tender while still green and crisp. Shelling is made easier by parboiling the pods 3 to 5 minutes.

BASIC FRESH SOYBEAN RECIPE:

1 c. shelled soybeans 1/2 to 1 tsp. salt
3/4 c. water

Place soybeans in boiling salt water. Boil 15 to 20 minutes. Avoid overcooking. Fresh green soybeans cooked as directed have a pleasant firm texture and a rather nutty flavor. Use them as you would peas or any other beans.

DRIED SOYBEANS:

Soybeans can be prepared by any method ordinary beans are, but need longer cooking and slightly more seasoning. In comparable food value they are far superior to other beans, no matter how they are prepared. Before cooking dried beans, sort out all foreign particles, or shrivelled or broken parts. Then place beans in a bowl and cover with water. Soak overnight or longer, but keep covered with water and in the refrigerator to prevent souring or sprouting. Adding salt to soaking beans prevents both souring and sprouting, and normal stomach gases, too!

BASIC BEAN RECIPE:

1 c. dried soybeans 1 tsp. salt

After soaking, place beans, using some soaking water in pot or baking dish and cook by one of the following methods:

Pressure cooking method: Add salt and seasonings, cover and cook at 15 pounds pressure for 30 to 45 minutes. Check instructions for amount of water necessary for your cooker.

Top of-stove cooking method: Add salt and seasoning, cover with water. Cook several hours, adding more water as necessary.

Baking method: Add salt, cook in pot as above. Remove from pot; place in baking dish, add seasonings and liquid to cover. Cover dish and bake in moderate oven several hours until done. Remove cover last half hour of cooking.

BASIC BAKED SOYBEANS:

3 c. cooked soybeans 5 T. molasses
4 strips bacon (diced) 1/2 c. chili sauce
1/2 tsp. mustard 1/2 c. water
Salt and pepper (to taste)

Brown diced bacon. Combine remaining ingredients with bacon drippings. Place in baking dish with bacon on top. Bake at 350° for 2 1/2 to 3 hours.

BOSTON-BAKED SOYBEANS:

6 c. soaked dried soybeans	1 tsp. dry mustard
1 1/2 tsp. salt	6 c. water
1 medium onion (chopped)	3 T. molasses
1 small green bell pepper (chopped)	1/4 c. bacon fat
2 stalks celery (finely diced)	1/4 c. brown sugar
	1/4 c. catsup

Put beans and water in Dutch oven. Bring to boil, then boil 2 minutes. Cover and let stand 1 hour. Add 1 teaspoon salt, bring again to boil and simmer, covered, adding more water if necessary for approximately 2 hours. Add onion, green pepper and celery, then cook until beans are tender. Drain, reserving 1 1/2 cups liquid (if necessary, add water). Put bean mixture in shallow 2 quart baking dish. Mix liquid, remaining salt and other ingredients, except brown sugar and pour over beans. Sprinkle with brown sugar and bake, uncovered, in preheated 300° oven approximately 1 hour.

BASIC SOYBEAN CASSEROLE:

3 c. cooked dried soybeans	4 T. flour
8 slices bacon (diced)	3 c. milk
1/4 c. onion (minced)	1 c. soft bread crumbs
1/4 c. green bell pepper (diced)	2 c. diced celery
	1 c. grated cheese

Saute' bacon until browned. Add onion and green bell pepper, stirring lightly until wilted. Stir in flour, then

gradually add milk. Stir mixture until smooth, then add 1/2 the bread crumbs and celery. Add beans; combine well, then pour into greased casserole dish. Cover bean mixture with remaining bread crumbs; top with cheese. Bake for 30 to 40 minutes at 350°. About 6 servings. Other vegetables and seasonings may be added for variety.

SOYBEAN CHILI CON CARNE:

1 1/2 c. cooked dried soybeans	1/4 c. chopped onions
1/2 lb. ground beef	1 tsp. salt
1/4 lb. salt pork (diced)	2 c. tomato sauce
1 to 2 tsp. chili powder	Dash of pepper

Fry pork until crisp; remove and brown onions in fat. Add beef and brown slowly. Combine all ingredients and simmer slowly 30 minutes. Yield: 5 to 6 servings.

SOYBEAN-VEGETABLE SALAD:

1 c. cooked dried soybeans	1/4 c. celery (chopped)
1/2 c. raw carrots (shredded)	2 to 3 tomatoes (cut up)
1 c. medium cheese (diced)	1 small head lettuce (shredded or torn)

Toss ingredients together. Serve with French dressing or mayonnaise. Yield: 5 to 6 servings.

SOYBEAN-JELLO SALAD:

1 c. cooked dried soybeans	1 medium onion (chopped)
1 c. shredded raw cabbage	1 pkg. lemon flavored Jello
1 c. shredded raw carrots	2 c. water

Prepare Jello as directed; allow to partially set. Then add remaining ingredients. Chill mixture. Serve on lettuce, top with mayonnaise. Serves 8 to 10.

SOYBEAN MEAT SUBSTITUTE:

1 c. soaked dried beans
(ground into paste)
1 c. tomato paste
4 T. peanut butter

4 T. soy sauce
1/2 c. bread crumbs
1 tsp. salt
1 T. vegetable oil

Blend tomato paste, peanut butter, oil, soy sauce and seasonings in blender. Add mixture to ground soybeans. Then add bread crumbs, mixing well. Place mixture in greased pan; pat into shape. Cover and steam for 2 hours. Remove from pan. When cool, slice. Yield: 3 to 4 servings.

SOYBEAN NUTS:

1 c. dried soybeans 3 c. water

Wash and soak dried soybeans overnight. Drain and split beans into halves. Spread bean halves to dry at room temperature until beans appear dry on surface. Prepare in methods following:

Deep-fat fried nuts - Drop a few prepared soybeans at a time into deep-fat fryer (350°) for 8 to 10 minutes. Remove beans and drain on paper towel, salting while hot. Add MSG if desired.

Toasted nuts - Place prepared soybeans in large shallow baking sheet in 200° oven for approximately 30 minutes. Remove when golden brown; sprinkle with salt and dash of MSG.

SOYBEAN SPREAD (A healthful snack)

1 c. drained cooked soybeans 2 T. chopped black olives
2 T. chopped onion 1 T. sesame seeds
1/2 T. butter or margarine 1 T. fresh chopped parsley
2 T. tomato sauce 1/2 tsp. salt

Prepare soybeans. In a small bowl, mash soybeans with a potato masher until smooth. In a small skillet, saute' onion in butter or margarine until tender but not browned. Add tomato sauce, olives and sauteed onions to soybeans. Toast sesame seeds by stirring constantly in a small heavy skillet over medium heat until lightly browned; watch carefully because the seeds burn very easily. Add toasted seeds, parsley and salt to soybean mixture; mix well. Makes 1 cup of spread. Serve on crackers, small rounds of whole wheat bread or Boston brown bread.

- Soybean Recipes taken from What's Cookin' in Kathleen's Kitchen, Garth Stowell Lunt Family Organization, 1981.



Legumes — an inexpensive, nutritious protein food — include beans (soy, pinto, white, kidney, lima, winged, red, navy, pink, and blackeyed), split peas, lentils, and peanuts. They can be stored in clean, dry metal or plastic containers with tight-fitting lids. They may also be dry-pack canned.

A famous person once said, "I don't know which is worse: a good cook that won't or a bad cook that will."