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Yay, Soybeans!

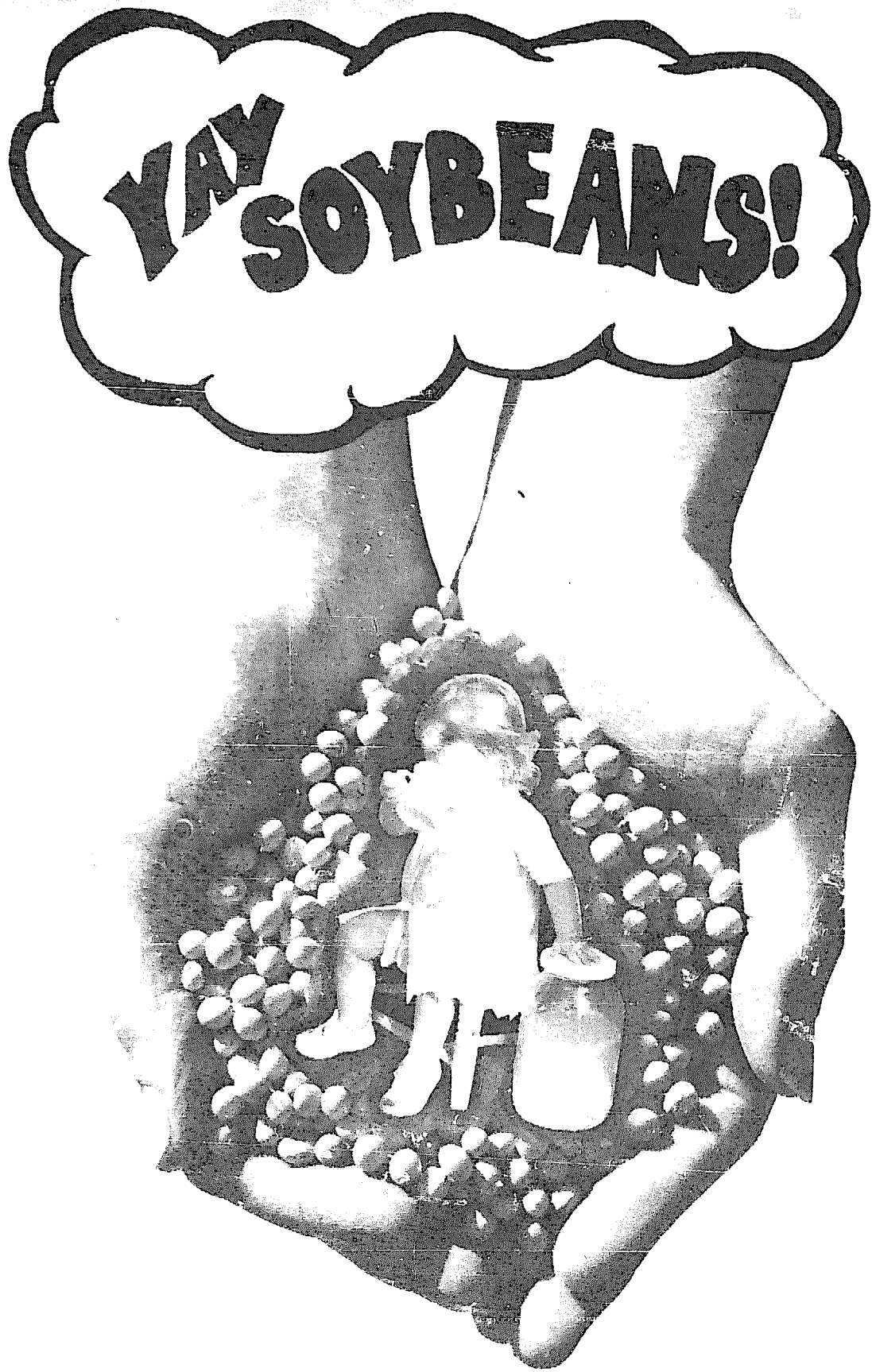
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HOW YOU CAN EAT BETTER FOR LESS AND HELP FEED THE WORLD

**A Nutritional Comparison  
Soybeans, Soymilk, Mother's Milk, Tofu, Cow's Milk\***

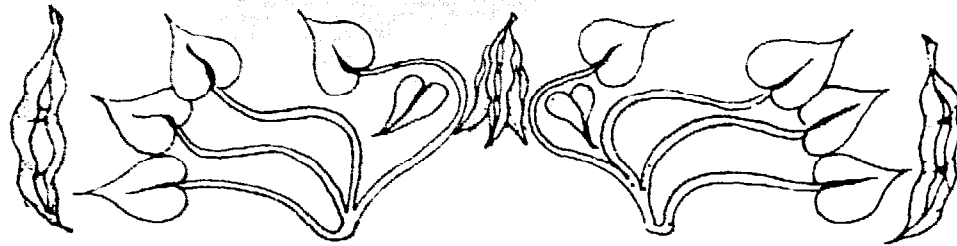
		Whole cooked soybeans 1 cup (180 gm.)	Sweetened soymilk 1 c. + 2 tsp. sugar (252 gm.)	Mother's milk 1 cup (246 gm.)	Tofu ½ lb. (227 gm.)	Cow's milk 1 cup (244 gm.)
Protein	(in gm.)	19.8	8.3	2.4	17.7	8.5
Carbohydrate	"	19.4	13.4	23.2	5.4	12.0
Oil and Fat	"	10.3	3.66	9.6	9.5	8.5
Calories		234.0	110.0	192.0	163.0	159.0
Cholesterol	(in mg.)	0	0	0	0	26.8
Calcium	"	131	51.2	81	290	288
Phosphorus	"	322	117	34	286	227
Iron	"	4.9	1.95	.25	4.3	.1
Thiamine	"	.38	.2	.02	.14	.07
Riboflavin	"	.16	.07	.1	.07	.41
Niacin	"	1.1	.49	.49	.25	.2
Vitamin C	"	0	0	12	0	2
Vitamin A	(in I.U.)	50	98	590	0	350

\*Nutritive Value of American Foods in Common Units. Agricultural Handbook #456, U.S.D.A., Washington, D.C., 1975.  
Composition of Foods, Raw, Processed, Prepared, Agricultural Handbook #8, U.S.D.A., Washington, D.C., 1963.

We supplement our soymilk with vitamin A (150 mcg./cup), vitamin D (2.5 mcg./cup), and vitamin B12 (6 mcg./cup).

**YAY SOYBEANS!** Second Revised Edition  
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All recipes taken out of *The Farm Vegetarian Cookbook*, Revised Edition.



## LIVING ON SOYBEANS

We are a large longhair spiritual community of 1100 people in Tennessee. We came together through open meetings in San Francisco with Stephen. We are all complete vegetarians. Ours is a soy-based vegetarian diet. We eat soybeans in many forms: on tortillas with hot sauce, as soy milk and soy milk products such as tofu (bean curd), soy cheese, soy yogurt, soy mayonnaise, salad dressings, and soy ice cream. In winter we can sprout the beans to make a delicious fresh vegetable. Tastewise we are entirely satisfied with our diet and find that we do not miss the foods we no longer eat. Our soy-based diet is very high in protein of a completeness and quality comparable to eggs and mother's milk (the international standards for complete protein). We also eat many fresh and root vegetables, fruits, grains, and other legumes besides soybeans.

We've been living, working, and growing on this diet for six years now, as a community, and many of us have been vegetarians longer than that. We support ourselves by our own efforts and everyone works hard to sustain and improve this life we've chosen for ourselves here in the country.

One of the principles of nutrition is that it doesn't matter where the protein in your diet comes from, so long as there is enough of it and it has a good quality. Our own experience, as well as that of oriental peoples for thousands of years, shows that soybeans are a fine source of protein.

Vitamin B12 is the only thing that must be added to this diet, and a little of that goes a long way. A small boxful supplies the whole Farm for several months. With a pressure cooker, a blender, and some vitamin B12 tablets you can feed your family a complete and tasty diet very cheaply. We eat for about 40 cents a day per person.

Buy your soybeans at a farmers' supply store. Get a one-bushel (60 lbs.) sack of seed-grade beans (a bushel is enough to last an average family of four well over a month). They will be uniform, clean, high-quality beans with good germination in case you want to sprout them. It will be much cheaper to buy beans this way than in other stores. If you buy your soybeans from a feed or seed store, be sure they have not been treated with mercury or any other poisonous chemical. Mercury poisoning can be fatal or cause permanent central nervous system damage.

Store your sack of beans tightly closed in a cool, dry place. Always hand-sort beans before cooking, because even the best seed cleaner occasionally passes a soybean-sized rock.

Our recipes are based on the commercial oilseed type of soybean, which is the major type grown in this country. There are also vegetable type soybeans, which are larger, cook quicker, and are generally more expensive.

## SOME OF OUR FAVORITE WAYS TO EAT SOYBEANS . . .

### *Basic Cooked Soybeans*

When whole soybeans are fully cooked, they are soft, juicy and delicious. When they are undercooked, they are unpalatable and indigestible. If you've never tasted soft, fully-cooked soybeans, you've never *really* tasted soybeans.

The quickest, easiest, most efficient and most economical way to cook soybeans is in the pressure cooker. Following the directions that came with your pressure cooker, put 2 cups of soybeans and 6 cups of water in your cooker. Add 1 t. salt and 1 T. oil. The oil forms a layer on top of the water and keeps the bean skins from flying up and plugging the steam vent pipe. Cook one hour after the steam is up. Let the cooker cool, or cool it in cold water, before opening.

If you don't have a pressure cooker, soak the soybeans overnight and cook upwards of 6-8 hours (until soft enough to mash on the roof of your mouth with your tongue). *They should be very soft.* Crunchy soybeans don't make it.

### *Soybeans and Tortillas*

—One of our all-time favorites for lunch, supper, or a hearty breakfast. Spread margarine on a hot tortilla. Drain about  $\frac{1}{3}$  to  $\frac{1}{2}$  cup of soybeans and arrange in a line across one edge of the tortilla. Spread about 1 T. hot sauce along the beans. Sprinkle about 2 T. nutritional yeast flakes (see p.9) over the beans, salt them to taste, fold up a flap over the bottom of the line of beans to catch the juice, and then roll the tortilla around everything else and enjoy it!

Also serve with any (or all) of the following: diced onions, chopped lettuce, diced tomatoes, mustard, ketchup, chipped pickles, pickle relish, yeast 'melty cheese,' or fresh or cooked greens.

#### **To make tortillas:**

Pour 1 c. of hot water into a large mixing bowl. (Hot water will make your tortillas more flexible, easier to roll out.) Add 2 T. oil (optional) and  $\frac{1}{2}$  t. salt. Mix. Add 2 cups white flour. Mix well. Gradually add about 1 c. more of flour. Knead until smooth. Shape dough into small balls, about  $1\frac{1}{4}$  inch in diameter, and roll them out thin on a thickly floured surface. Pat off excess flour. Cook on a hot, dry griddle or frying pan until bubbly and brown-flecked. (Don't overcook. Tortillas should be soft and flexible.) They are best served immediately, or you can stack them in a deep, covered container or wrap them in a slightly damp towel to keep them warm and flexible until served. Yeasted bread dough also makes delicious tortillas.

### *Soybean Stroganoff*

Cook a pot of soybeans and a pot of rice. For a sauce, to each cup of soy mayonnaise (p.6), blend in:  $\frac{3}{4}$  t. garlic powder, 1 T. soy sauce, 3 T. vinegar. Dish up a serving of soybeans over a serving of rice (more than half beans to rice) and enough sauce to wet the two well on top.

### *Soy Fritters*

Cook 2 c. dried soybeans, drain and save the juice. Measure 3 c. of whole soybeans and mash well. Combine with:

1½ c. soybean juice	1 t. salt
1 c. whole soybeans	1½ T. baking powder
2 c. flour	2 medium onions, chopped

Batter will be like a thick paste. Drop by spoonfuls into hot oil. Deep fry, turning fritters to get dark brown on both sides. If the batter doesn't hold shape in hot oil, add more liquid and more flour. Makes about 3 dozen. Serve hot with tartar sauce made from soy mayonnaise (see p.4) or a sweet-and-sour sauce, or with soy sour cream.

### **Cheezy Soybeans**

Saute 1 onion, chopped, in 2 T. oil or margarine. Add 2 c. drained, cooked soybeans. Saute soybeans and onion together for about 5 minutes, stirring frequently, and add 3 T. margarine. Let it melt. Stir. Add ½ c. Good Tasting Nutritional Yeast and 2 t. salt. Cook another minute or two, until the yeast melts and mixes in with the beans. Serve warm.

### **Soyburgers**

Drain 5 c. of cooked soybeans through a colander or strainer. Mash beans with a potato masher, and add while mashing: ¾-1 c. flour, 2 t. salt, ½ t. pepper, 1 T. garlic powder, 2 t. oregano, 1 t. basil, 1 onion finely chopped, 1 green pepper finely chopped (opt.), and 2 T. wet mustard (opt.). Mix well. The batter should be quite stiff. To make patties, roll mix into a small ball, ½" to 2" diameter. Then flatten ball to ½" thick. Thin patties make better burgers because they stay crisp. Thick patties don't get done so well in the middle. Fry in a generous amount of oil so they'll be crisp. Serve in a burger bun with your favorite fixings. Makes 16.

### **Soy Nuts**

Another delicious way to eat soybeans is in the form of soy nuts. Soak beans overnight, or put them in a pressure cooker with sufficient water, bring to full pressure and immediately remove from heat. (Beans must be well-soaked or partially cooked before roasting or they will be indigestible.) Drain well in a colander or strainer. Spread beans out on a well-oiled cookie sheet, one layer deep. Roast in a 350° oven, turning often, until well-browned. Salt to taste. Store airtight to keep them crisp and serve them as high protein snacks.

### **Soy Coffee**

Roast soybeans in a medium oven (300°) on a cookie sheet, one bean deep. Remove from oven when beans are dark brown but not burned. Grind when hot, if possible. Store airtight. Percolate or simmer (don't boil or your coffee will be bitter) in a sauce pan for about 5 minutes. Slightly less than 1 T. of soy coffee grounds per cup of water makes a tasty brew. It tastes a lot like coffee, and has no caffeine.

### **Soymilk**

Using Soybeans: 2½ c. dried soybeans

Sort the soybeans and wash in cold water. Soak the beans until double in size—overnight. (In hot weather, soak them under refrigeration. Slightly soured beans make thinner milk.) Rinse in colander after soaking. Using 3 c. of water to 1 c. of soaked beans, liquefy in a blender or fine grind in a food grinder. Heat the mixture to a boil in a double boiler or heavy pot. Then simmer for 20 minutes stirring often.

Using Soy Flour: 4 c. soy flour, 12 c. water

Bring water to a boil. Sprinkle soy flour into boiling, whisking to prevent lumping. Lower heat (soymilk boils over easily so pay good attention) and simmer for 20 min., stirring occasionally. (Some folks prefer to dip some of the boiling water out of the pot and mix it with the dry soy flour to make a paste, which is then poured into the remainder of the boiling water. This method prevents the lumps that sometimes form when dry soy flour is poured directly into the water.)

### **Soy Milk (cont.)**

Do this for both recipes:

Strain through a clean cloth (nylon, folded cheesecloth, diaper) placed in a colander or strainer. Add a pinch of salt and sweeten the soymilk to taste. Serve it warm (delightful on a cold winter morning!) or chilled. Cool soymilk quickly for longer lasting shelf life. You can do this by placing your container of milk in a sink of cold water. Keep soymilk refrigerated. Approximate shelf life is four days.

You can also flavor soymilk with vanilla, almond, maple or other extracts, or with fruit or cocoa. Mixed in a blender with a little oil, sugar and flavoring, it makes a smooth milkshake. Soymilk makes good puddings and soups, too. It can be made thicker or thinner, as desired, by adjusting the amount of water used. And it's good just plain, too.

### **Soy Mayonnaise**

1 c. soymilk	1½ t. salt
2⅓ c. oil	1 T. sugar
2 T. vinegar	

Put cool or cold soymilk in a blender. Pour in oil slowly while blending at high speed. Blend until the mixture gets very thick (about 1 minute). Blend in the rest of the ingredients with a rubber spatula. Makes about 1 quart.

### **Soy Yogurt**

Place inverted jars in a pot of water. Bring water to a boil and let it boil for at least 2 minutes. Throw in caps. Heat the soymilk to a boil and hold for 30 seconds, stirring constantly. Pour into sterile jars. Cover. Let cool to 105-112° or until the jar feels hot to your wrist but does not burn. Add 2 T. of yogurt to each quart. Cover and shake. Incubate for 3-6 hours. Yogurt is done if, when you tilt the jar gently, it separates easily and cleanly from the jar sides. Refrigerate.

*For incubation:* Proper incubation for yogurt is about 105°. Put jars in a warm place, such as an oven that has been on at 150° for 3 minutes and then turned off, or an insulated picnic cooler box with a lit drop light in it. Let the yogurt incubate undisturbed for 3-6 hours.

You can buy yogurt starter at health food stores, or write: Rossell Institute, International Yogurt Company, 628 North Doheny Drive, Los Angeles, CA 90069.

## Tofu

Tofu is a light, wholesome food, rich in protein and minerals and free of cholesterol. Because of its smooth texture and ability to pick up on different flavors, it is one of the most versatile soybean dishes. Blended, tofu can be made into dips, sauces, cream pies, or cheesecakes. Or, as a main course, tofu is great as it is with soy sauce, fried, in sandwiches, lasagna, pizzas, etc. Tofu is a dieter's delight, being low-calorie and high-protein, yet its heartiness and richness can satisfy the hungriest. Use slightly thin soymilk made from whole beans.

### **Cook:**

Soak, grind and start cooking soybeans according to soymilk recipe above, but changing the proportions to 3 c. of water for every 1 c. beans. Watch pot carefully and stir often as it comes to a boil. When the milk first starts to boil, turn down the heat immediately and simmer at a low boil for 15-20 minutes. It's important to be right there with your pot at this step. Soymilk will foam up and boil over quickly, so watch it carefully. *Be careful of electric stoves, they're tricky.* If using one, remove the pot from the burner when it comes to a boil while adjustments are made to the heat.

### **Strain:**

While the soymilk is still cooking, set a cloth-lined colander over the second pot. After the milk is cooked, pour or ladle into the colander catching the pulp in the cloth and the milk in the pot below. Tightly twist cloth closed and using either a clean cup or jar, press on the bag to extract as much of the milk as possible. Reopen the cloth and stir 2 c. of boiling water into the pulp, twist and press again. This is to rinse through any milk left in the pulp. Set pulp aside to be used in cooking.

### **Prepare solidifier:**

Combine 1½ c. warm water with 1½-2 t. nigari or epsom salts, or with ¼ c. vinegar or lemon juice. The amount of solidifier solution needed to curdle the soymilk depends on different factors and may vary from time to time. The type of soybeans used, the temperature of the soymilk during curding (should be above 185°), the method of curding, and the strength of vinegar, are all variables. After making tofu a few times you'll start to develop a feel for how much of what to add when.

### **Curd milk:**

While the soymilk is fresh and hot, stir swiftly with a wooden spoon in a circular motion and pour in half of the solidifying solution. Stir once in the opposite direction to create a turbulence that will mix the solidifier in well. Sprinkle a small amount more solidifier (¼ c.) over top of soymilk. Cover pot to retain heat for proper curding and allow milk to set undisturbed for 5 minutes. Large white curds will start to form, especially at the bottom of the pot. If soymilk is still milky-looking, stir in the rest of the solidifying solution, stirring only the top few inches of the soymilk. Cover and let set a few more minutes.

The end result here should be large white curds floating in a clear yellow liquid called 'whey.' If there is still milky liquid in the pot, stir the top few inches gently. If there is any whey, stir it into the milky liquid to help it curd. After a minute of stirring, if there isn't a noticeable difference in curd and whey formation, make up some more solidifying solution, using about ½ t. nigari or epsom salts or 2 T. vinegar dissolved in ¼ c. hot water and stir gently into the pot. Always stir gently to prevent breaking up the curds, and only stir the top few inches of the pot. Take pokes to the bottom of the pot in various places to allow any milk trapped between curds to come up where it will curd from the whey. When all the soymilk is formed into curds and there is only clear yellow whey left, the tofu is ready to press.

If there is a lot of whey and only a few curds it's possible that the solidifier was added too fast or the milk was too thin.



## *Tofu (cont.)*

### **Dip out:**

Set up a tofu box or colander in a sink and line with cloth. Set pot next to it. Using a ladle or measuring cup and a large strainer, prepare to ladle curds into the cloth. To do this, set the strainer in the pot and let it fill with whey. Ladle whey out into the box until most of the whey is out of the pot. This will help the curds to form together for a nice solid tofu. After whey is removed, ladle curds into box, cover with the cloth, and put on the lid.

### **Press:**

To press the tofu, use a heavy weight on the lid. A jug of water or a clean heavy rock or brick can be used. Press 30-40 minutes. For firmer tofu, use a heavier weight or press longer.

Remove weight and lid. Tofu should be firm to the touch. Fold back cloth and re-set the lid directly on top of tofu. Invert box so tofu is sitting on the lid. Remove box and gently peel off cloth. If desired, set tofu in sink or bowl of cold water to get cool and firm. Cut tofu in half and store in container of cold water in the refrigerator. Change water daily to help preserve freshness of tofu. Keeps up to a week if stored properly.

### ***Tofu Salad Dressing***

2 c. tofu	1 1/2 t. salt
1/4-1/2 c. oil	1/4 c. liquid if necessary
1/4 c. vinegar	1 T. mustard (opt.)
1/4 c. sugar	1 T. Good Tasting Yeast (opt.)

Combine ingredients in blender in order given. Add the liquid as necessary to blend into a creamy consistency. The mayonnaise will get a little thicker as it sets.

### ***Tofu Salad***

This recipe can be served as a sandwich spread or as a scoop on a piece of lettuce garnished with parsley and a couple of tomato slices.

3 c. tofu	2 t. soy sauce
1/4 c. pickle relish	1 1/2 t. garlic powder
1/2 med. onion chopped fine	1 1/2 t. salt
2 stalks celery chopped fine, or 2 t. celery seed	1/4 c. oil or 1/2 c. tofu mayonnaise
1/3 c. Good Tasting Yeast	pepper, parsley, paprika

Mash tofu with fingers into a bowl. Add ingredients as listed and stir in oil or mayonnaise at the end. Sprinkle with paprika.

### ***Scrambled Tofu***

Tofu is delicious scrambled for breakfast. Add crumbled or mashed tofu to sauteed onions. Add salt, pepper, Good Tasting Yeast, soy sauce to taste. A little turmeric may be added for color if desired. Fry tofu until browned.

### ***Pan Fried Tofu***

Slice tofu 1/4-1/2 inch thick. Dip in soy sauce and pan fry in margarine or oil until golden brown. Pan fried tofu is good in sandwiches or cut in cubes and fried with onions and vegetables. Tofu is also delicious dipped in nutritional yeast and fried.

### **Tofu Cheesecake**

3 c. tofu	1 1/4 c. sugar
1/2 c. lemon juice (fresh is best)	3/4 t. salt
1/4 c. oil	1 1/4 t. real vanilla
1/4 c. margarine	1/4 c. soymilk or water if necessary

Combine ingredients in blender in order given, adding the liquid at the end only if necessary, or as needed to blend tofu. Mixture should be a fairly thick creamy consistency. Pour into partially baked crumb crust and bake approximately 1/2 hour at 350° or until tofu is set in the middle. Makes one 9" pie.

### **Soy Pulp**

If you make soymilk, you'll have soy pulp left in the cloth when your milk is done. Our soy dairy produces lots of pulp every day, and although the pulp contains less protein than the milk, the protein it has is high quality, so we've been putting our creative kitchen instincts to work developing new ways to use this nutritious foodage. We've found that soy pulp can be substituted for rice in many recipes. It also can be used in baked goods like cake and cookies, where it gives a coconutty flavor when combined with sugar and vanilla extract. It's also good sauteed with onions and other vegetables and spices, and when spiced it makes a good filling for ravioli, etc. Just remember: to be easily digested, soy pulp must be cooked until it's soft. We recommend pressure-cooking pulp made from soy grits (ground soaked beans) for 20 min. in 1/3 cup of water for every cup of pulp.

Here are a few recipes to stimulate your imagination. Try some of your own and share your results with us so we can pass them on to others.

#### **Scalloped Potatoes and Pulp**

6-7 med. potatoes, sliced thin	3 T. salt
3 c. moist soy pulp	2 onions, chopped
1/2 c. water	1 c. nutritional yeast
1 t. pepper	2 zucchini, sliced (opt.)
1 t. garlic powder (opt.)	4 tomatoes, sliced (opt.)

Boil potatoes for 5-7 minutes, until partially soft. Saute onions and zucchini in oil or margarine for 3 minutes; add 1/2 c. water; simmer another 2 minutes. Mix onions with potatoes, pulp, yeast, salt, pepper and garlic powder, in a 9 x 12 baking pan. Top with tomato slices. Bake at 350° for 30 minutes. Serves six and it's delicious. If the pulp you're using is somewhat dry, you can add a little soymilk or water before baking. It's good with other vegetables, too (carrots, green beans, etc.) in place of zucchini, and you can put breadcrumbs on top instead of tomatoes if you want, or bake it in a crust like a shepherd's pie.

#### **Soy Pulp Burgers**

2 c. soy pulp (fine pulp from soy flour milk is best)	1/2 t. garlic powder
1 t. salt	1/4 c. cornmeal
1/4 c. rolled oats	1/4 t. pepper
	mustard to taste

Mix ingredients into a thick batter. Cover the bottom of a flat bowl or pan with an additional 1/4 c. of cornmeal. Make a patty and lay it on the cornmeal to cover one side. Turn it over and do the same. Fry in a skillet in 1/4 c. of oil until crisp. Good with mustard, relish, ketchup, raw onions, pickles—whatever you like.

### **Soy Pulp Cookies**

2 c. flour	½ c. soymilk or water
2 c. soy pulp	4 t. baking powder
1½ c. sugar	½ t. salt
½ c. margarine	1 t. vanilla

Sift together flour, salt, and baking powder. Add soy pulp and mix well. Cream margarine and sugar. Add soymilk or water, and dry ingredients alternately. Mix well. Add vanilla and mix well. Drop by the spoon on an oiled cookie sheet and bake 20 minutes at 400°.

### **Soy Flour**

*(Soy powder should not be substituted for soy flour in these recipes. Use coarse ground soy flour.)*

#### **Basic Salad and Sandwich Spread**

Bring 6 c. water to a boil. With a French whip, whip in 2 c. soy flour. (Or mix 2 c. soy flour with 2 c. cold water, then add paste to 4 c. boiling water.) Simmer 30 min. Turn off heat and add ¼ c. vinegar. The suspended milk will curdle and the flour pulp will add a grainy texture. Strain through a piece of nylon or cheesecloth, and season.

This preparation is bland-tasting when unseasoned and lends itself to many flavor possibilities, such as salty, sweet, hot, spicy, or sour. Oil and salt are basic additions whatever direction you want to take after that. With mustard, garlic powder, and spices, it makes a tasty spread for sandwiches or crackers. Sauteed with onions (and other vegetables), it's a delicious main course. Scramble some, with a pinch of turmeric added, for a high-protein breakfast, and serve with hot margarine toast. It's also good in salads, stews, casseroles, or used in Italian dishes such as lasagne or ravioli. It can also be sweetened and used in desserts such as cheesecake (see p.7), cheese danish, or as a topping for cookie bars.

#### **Seasoned Sandwich Spread**

3 c. basic spread	2 T. wet mustard
¼ c. oil	2 med. onions, chopped fine
½ c. nutritional yeast	1 bell pepper, chopped fine
1 T. salt	

Mix all ingredients together well. Use as a sandwich spread or serve on a leaf of lettuce as your main course protein and salad. (Other spices may be added to taste.) As a salad, it's good with chopped tomatoes, cucumbers, and celery.

### **TVP - Textured Vegetable Protein**

One form of soybeans we eat and like very much is textured vegetable protein, a dry, hydratable food made from defatted soy flour. TVP is an excellent source of high-quality soy protein and many vitamins and minerals. One cup of hydrated TVP (½ c. dry) contains 26 gm. of nearly complete protein. TVP contains almost no fat. To bring the fat (soy oil) content up to that of whole soybeans, cook each cup of hydrated TVP (wet) with one T. soy oil.

### **TVP Tortilla and Taco Filling**

Soak 1 1/2 c. TVP in 1 1/2 c. boiling water for 10 minutes. (Turn fire off—do not boil TVP.) Sautee 1 medium chopped onion with soaked TVP in 5 T. vegetable oil. Season with salt, pepper, chili powder, garlic, and soy sauce. This can be added to tortillas as is or added to the following tomato sauce for a juicier taco filling.

### **Taco Filling Sauce**

Simmer together the following:

2 c. tomato sauce	4 cloves garlic or
1/2 t. salt	2 t. garlic powder
2 t. chili powder	1 T. sugar
1/2 t. pepper	

### **TVP Spaghetti Sauce**

1 onion	1 1/4 t. cumin
1 or 2 green peppers	3 1/2 t. oregano
1/4 c. vegetable oil	3/4 t. salt
6 c. tomato sauce	1/2 t. allspice
1 1/2 t. sweet basil	1/2 t. hot chili
3 1/2 t. chili powder	1 bay leaf
1/4 t. black pepper	

Saute onion and/or peppers in oil. Add other ingredients. Bring to a boil and simmer about 20 minutes. Add 1 c. dry TVP and 1 1/2 t. garlic powder. Simmer 10 min.

### **Sloppy Joes**

Soak 1 1/2 c. TVP as for tortilla filling. Saute 1 diced green pepper and 1 diced onion in 5 T. oil. Add soaked TVP, 1 1/2 t. salt, 1/2 t. pepper, and 2 T. chili powder. Saute 5 minutes more and add 6-oz. can tomato paste and 2 1/4 c. water. Simmer 20 minutes.

*TVP is sold in some stores as a meat extender. If you can't find any nearby, you can order it from our food distribution company: Farm Foods, 156 Drakes Lane, Summer-town, Tennessee 38483. [Most commercial TVP, including ours, has vitamin B12 added to it.]*

### **Good Tasting Nutritional Yeast**

No longer must vegetarians gulp down a glass of orange juice laced with brewer's yeast every morning to be sure they're getting their B vitamins. We have found a kind of nutritional yeast that contains the same B vitamins, and it tastes good! So good, in fact, that we have made it a staple in our diet, not only for its nutritional value but also as a flavor supplement. Its cheesy or nutty flavor goes well with anything salty. We use it in spreads, sauces, crackers, breading meal, soups, gravies, and keep it in a jar on the serving table to sprinkle on beans, vegetables, and popcorn. We like it so much that we distribute it through Farm Foods (address above).

### **Melty Cheese**

1 c. nutritional yeast  
1/3 c. white flour  
1 1/2 t. salt

2 c. water  
1/4-1/2 c. margarine  
2 t. wet mustard (opt.)

Mix dry ingredients in a saucepan. Gradually add water, making a smooth paste, then thinning with remaining water. Place on heat and stir constantly until it thickens and bubbles. Let it bubble for about 30 seconds and remove from heat. Whip in margarine (and mustard). When you use it as casserole topping, it's best to put it in the broiler until it browns a little, melts, and is slightly crispy. Good on pizza, open-face tomato sandwiches, grilled cheese sandwiches, and in macaroni and cheese, chili bean tortillas, and enchiladas.

### **Cheese Crackers**

2 c. flour  
2 t. baking powder  
1/2 c. nutritional yeast  
2 T. oil

1/3 c. water or soymilk  
1 t. garlic powder  
1/2 t. salt  
1 t. ground cumin or chili powder (opt.)

Mix all ingredients into a stiff dough, adding more water as needed. Knead slightly. Roll 1/8" thick, oil top of dough, then salt. Cut into sticks or squares. Bake at 375° for 5-7 minutes, or until brown on both sides.

### **Golden Gravy**

1/4 c. flour  
1/2 c. nutritional yeast

1/3 c. oil  
2-3 T. soy sauce

Toast the yeast and flour until you can start to smell it. Add the oil and stir while it bubbles and turns golden brown. Add water, still stirring, until it changes to gravy consistency. Stir in soy sauce, salt and pepper to taste.

### **Yeast 'Omelette'**

1/2 c. nutritional yeast  
1 c. white flour  
1/2 t. salt

1 1/4 c. water  
pinch of pepper and/or garlic powder  
(opt.)

Mix dry ingredients together. Add water and stir until batter is smooth. Pour batter as you would for pancakes onto hot greased griddle. Sprinkle with diced onions, green peppers, spinach, mushrooms, whatever. Flip when edges start to get crispy and omelette can be easily turned. Fold in half, brown on both sides. Makes 4-5.

## **Eggless Cookery**

Before we stopped using eggs, we thought that it was impossible to bake light, tasty desserts and other dishes without them. We've now discovered that that's a myth. So far we haven't found a way to make angel food cake or meringue without eggs, but we do make just about everything else that we used to think eggs were required for—even 'omelettes' and 'souffles.'

The main function of eggs in most recipes calling for them (like cakes, pancakes, and other batters) is as a binder, to hold the other ingredients together. For a binder you can boil 1 t. oatmeal in 5 T. water for a few minutes to replace one egg. Commercial egg replacers are also available.

But we have discovered another interesting thing about eggless cooking. It usually works fine just to leave the eggs out! Try it in your favorite recipe. (You may want to add 5 T. water for each egg if the amount of liquid seems crucial to the success of the recipe, as, for example, in some cookie recipes.

Here are some of the eggless recipes we use. *The Farm Vegetarian Cookbook* has more.

### **Pancakes**

2 c. flour	1/2 t. salt
2 t. baking powder	2 T. oil
1 1/2 c. soymilk (or water)	

Sift together flour, baking powder, salt. Add soymilk or water, and oil. Mix again. Cook on hot oiled griddle or skillet. Turn once when top is covered with bubbles.

### **Chocolate Cake**

1 1/2 c. sugar	1/2 t. salt
2/3 c. oil	1 c. sour soymilk (to sour the milk, add 1 t. vinegar)
1 t. vanilla	1/2 c. cocoa
2 1/2 c. flour	1/2 c. boiling water
1 1/2 t. baking soda	

Cream oil and sugar. Add vanilla. Sift flour, soda, and salt. Add to creamed mixture alternately with soymilk. Make paste of cocoa and water. Cool slightly. Add to batter, blend well. Pour into oiled and floured 9 x 12" pan. Bake at 350° for 35 min.

### **Cookie Crust for Cheesecake**

2 c. flour	1/4 scant c. soft margarine
1/2 c. white or brown sugar	1/8 c. water
1/4 t. salt	dash of cinnamon
1/8 c. oil	

Mix flour, sugar, salt and cinnamon. Then work in oil and margarine with fingers. Work in water. Pat on bottom and halfway up sides of pan and bake quickly in a hot oven till light brown. Be careful, it burns easily.

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## **A WORD ABOUT B12**

*If you are a complete vegetarian, eating only plant food, you will need to supplement vitamin B12.* This vitamin does not occur in the vegetable kingdom, and a lack of it can cause severe nervous system damage. The basic source of B12 in nature is synthesis by micro-organisms. It is synthesized by intestinal flora but most people are unable to absorb it because it is produced in a lower part of the intestine than where it is absorbed.

Crystalline B12 is obtained from synthesis by *Streptomyces griseus* (the micro-organism that produces streptomycin). Also, some brands of nutritional yeast and TVP contain added B12. It does not occur naturally in yeast or soybeans.

In a large community you can add crystalline B12 to a mass-produced staple food that everyone eats, such as soymilk. In a small community or family, it is more practical to take a 25 mcg. tab twice a week, a half tab for toddlers and babies after weaning. The body stores extra B12 in the liver (the only B vitamin stored for more than days or weeks). You cannot get too much, but if you take a lot at a time orally, it won't get absorbed.



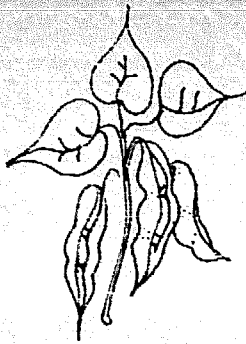
## **SOME FACTS ABOUT PEOPLE AND FOOD**

Half of the people in the world will go to sleep hungry tonight. Hunger is hardest on babies and children. They need lots of protein while they're growing rapidly. To us, eating meat in a hungry world doesn't make sense. We need more relief efforts, more agricultural and nutritional research and more education, but basically what's happening is that the consumption of expensive animal products in the rich countries of the world is making it increasingly difficult for the people in the poor countries to get enough to eat.

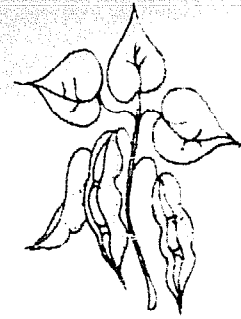
**Suppose you eat 1/2 pound of meat and drink one pint of milk a day. The amount of grain and beans necessary to produce that much animal protein could feed ten people for that day.**

Two pounds of soybeans a week will give you all the protein you need. The United States grows 3/4 of all the soybeans in the world—enough to feed a billion people, almost a quarter of the world. But our soybeans feed only 1/20 of the world because most of our crop is consumed in the United States, Europe, and Japan by livestock. On the average, in the United States it takes eight pounds of feed protein to produce one pound of meat protein of the same quality. More grain is used for animal feed in the United States, Europe, and Japan than is eaten by all the people in India and China combined.

The right to eat should be included under the universal rights to life, liberty, and the pursuit of happiness. Hunger is not necessary. There's enough to feed everybody right now.



## PLENTY



Living in Tennessee and eating our soybeans hasn't seemed like quite enough to be doing about world hunger and other areas of human need around the planet. So we have formed a non-profit corporation called PLENTY, with the following purposes, as stated in its charter:

**"To help share out the world's food, resources, materials, and knowledge equitably for the benefit of all;**

**"To help and aid any people anywhere in the world who due to any natural or man-caused disaster such as drought, famine, flood, earthquake, tidal wave, weather imbalance, disease epidemic, war, political oppression, religious oppression, racial discrimination, or greed, are in need of food, clothing, shelter, medical aid and supplies, resources, and materials; agricultural, engineering, or scientific assistance or education; or anything else, to enable them to lead healthy, comfortable, responsible, and productive lives in the pursuit of happiness . . .**

**"To accept donations, gifts, devises, bequests, and loans of food, resources, materials, equipment, funds, stocks, bonds, and property of all kinds from any and all sources to help achieve the purposes of the corporation;**

**"To establish and coordinate a group of volunteer workers who will help achieve the purposes of the corporation; such volunteers will not be salaried, but will receive only necessary subsistence. . .**

**"To enter into any partnership or union of interest with others. . . that will achieve the purposes of the corporation; and to produce food, resources, materials, funds, or knowledge that will help achieve the purposes of the corporation, even if such arrangement involves sharing or delegation of control of such transaction, operation, or venture:**

**"To establish and operate orphanages and foster homes to care for and provide homes for orphans from all countries of the world. . .**

**"To help and aid in finding homes with adopting parents for orphans from all countries of the world, and to help these orphans settle in these homes with adopting parents. . ."**

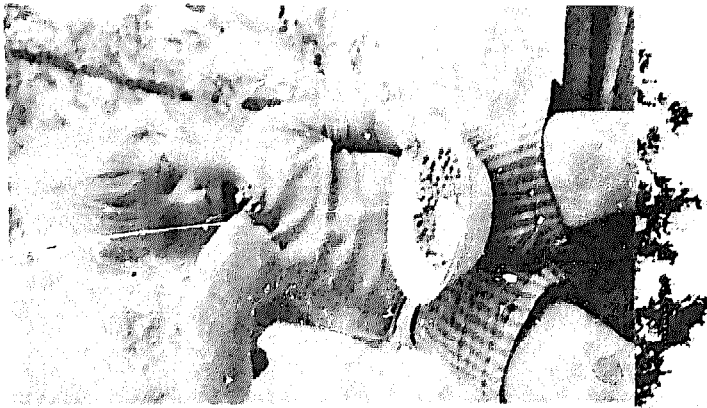
**We really do have PLENTY. Let's spread it around!**

**For further information, write: PLENTY, 156 Drakes Lane,**

**Summertown, Tennessee 38483**



FROM:



TO:



YAY  
SOY BEANS

1971