

Organic Soybeans

Country of Origin: USA

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 420	
Fat / Lipides 20 g	31 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2 mg	0 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 9 g	36 %
Sugars / Sucres 7 g	
Protein / Protéines 36 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	25 %
Iron / Fer	100 %

Factoid:

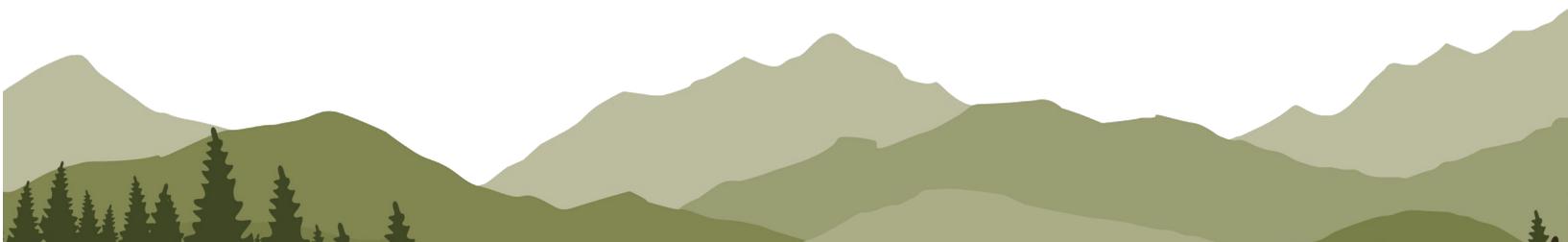
Soybeans are a legume indigenous to China. They are known for their high protein and fibre content. While many people usually think tofu, soy milk, or soy sauce when thinking of soy products, soy has been used for many functions, ranging from skin care to biodiesel fuel. Soy also provides a complete protein and folate, potassium, and in some cases, fibre.

Allergen Information:

This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Ingredients:

Organic soybeans



Recipe:

left coast
ORGANICS

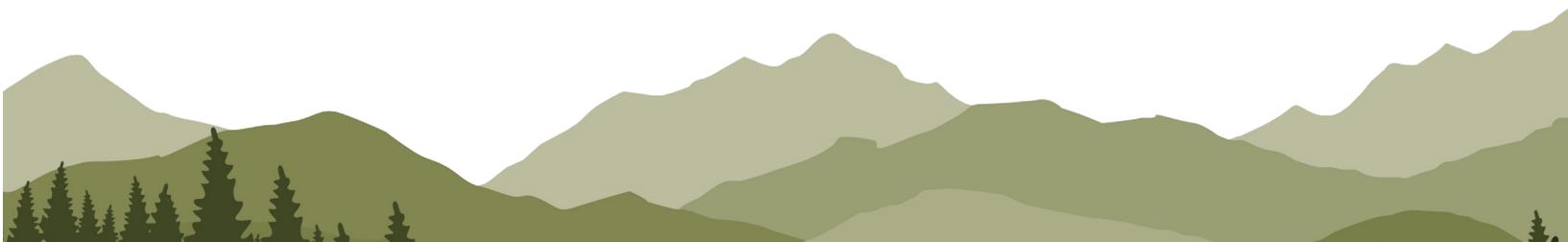
Soybean Salad

Ingredients:

- 2 C Soybeans, soaked, drained and rinsed
- 1 C Drained canned or cooked corn kernels
- 1 C Sliced celery
- 1/2 C Diced sweet red peppers and green peppers
- 1/4 C Sliced green onions and ripe olives
- 1/4 C Soybean oil (vegetable oil) and white wine vinegar, each
- 3/4 tsp salt
- 1/2 tsp chili powder

Instructions:

1. Combine soybeans (soaked overnight, rinsed, and drained) corn, celery, sweet peppers, green onions, olives and hot peppers in a large bowl; toss to mix.
2. Combine remaining ingredients in a small bowl and whisk to blend all ingredients or shake in a cruet until blended.
3. Freshly ground pepper to taste.
4. Pour dressing over soybean mixture and marinate at least 1 hour.



Cooking Note:

Consider that one cup of dry soybeans will yield about 2 1/2 cups of cooked beans.

1. Check the soybeans and remove any damaged beans or debris.
2. Rinse the soybeans in water to clean.
3. Place the soybeans in a large pot, completely cover the beans with water and soak for at least eight hours. Ensure there is enough water in the pot to cover the beans even after they have expanded.
4. Add 1 teaspoon of salt to the pot for each cup of dry beans that you soaked. Stir.
5. Place the pot of soaking soybeans on the stove and bring to a boil.
6. Skim off foam and hulls off of the liquid's surface.
7. Cover, reduce heat, and simmer for about 3 hours, or until the soybeans are tender. Check occasionally to see if you need to add more water or skim off foam. When done, the beans will be firm in shape but tender.
8. Remove them from the heat, stir, then let sit so the hulls will rise to the surface. Skim off any hulls or foam.

