

Soy Foods Recipes

• August 2020 - Backyard Bash •

Rotisserie Pork Loin Roast

- 4-pound boneless pork loin roast
- 2 tablespoons brown sugar, packed
- 1 tablespoon soy flour blend*
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 2 teaspoons kosher salt
- ¼ teaspoon ground cinnamon
- 2 tablespoons vegetable oil

Pat roast with paper towel to remove moisture. Use butcher string to tie if needed. Place meat on rotisserie spit rod and secure with skewers. In small bowl combine brown sugar, soy flour blend, cumin, smoked paprika, kosher salt and cinnamon. Brush meat with vegetable oil and rub with spice mixture to cover meat on all sides. Place rod in motor over indirect

heat with coals on each side. A drip pan in center will catch juices. Roast for 30 to 60 minutes depending on temperature of coals. Check for doneness with a meat thermometer with 145°F for medium. When done remove roast from grill and remove rotisserie spit rod; cover roast with foil; let roast rest for 15 minutes. Carve into slices.

 Serve with Peach and Apricot Chutney

**Soyflour blend is 7 cups all-purpose flour combined with 1 cup soy flour. Use as directed.*

Serves 8 | Nutritional Information per serving: one serving (237 g) Calories 370; Total Fat 22g (9 g sat fat); Cholesterol 120 mg; Sodium 1,142 mg; Total Carbs 5 g; Protein 42 g; Fiber 1 g

Peach and Apricot Chutney

- 1 tablespoon vegetable oil
- 1 cup diced red onion
- 1 teaspoon minced garlic
- 2 cups chopped fresh peaches, peeled
- 1 cup chopped fresh apricots, peeled
- ½ cup brown sugar, packed
- ¼ cup apple cider vinegar
- 1 tablespoon peeled, minced gingerroot
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ cup chopped fresh cilantro
- 1 jalapeno pepper, seeds removed, minced
- 1 tablespoon fresh lemon juice

Put vegetable oil in skillet; add red onion and garlic; sauté until tender. Add peaches, apricots, brown sugar, apple cider vinegar, gingerroot, allspice, cinnamon and salt. Bring mixture to a boil; cover and simmer, stirring occasionally, about 30 minutes or until fruit is tender with desired consistency. Remove from heat; stir in cilantro, jalapeno and lemon juice.

 Serve warm or chilled.

Makes 2 cups | Nutritional Information per serving: one serving (91 g) Calories 97; Total Fat 16g (2g sat fat); Cholesterol 0 mg; Sodium 153 mg; Total Carbs 20 g; Protein 1 g; Fiber 1 g

Calico Country Baked Beans

- 4 slices bacon, divided
- ½ cup chopped onion
- 1 (15 oz) can black soybeans, rinsed and drained
- 1 (15 oz) can great northern beans, rinsed and drained
- 1 (15 ounce) can pork and beans in tomato sauce
- ½ cup barbecue sauce
- ⅓ cup brown sugar, packed
- 1 tablespoon dry mustard
- ½ teaspoon salt

Chop bacon and sauté in skillet until cooked but not crisp. Remove bacon from skillet; reserve for later. Add chopped onion to skillet; cook until tender. In mixing bowl combine black soybeans, great northern beans, pork and beans, barbecue sauce, brown sugar, dry mustard, salt, cooked onion and half of the reserved cooked bacon; stir to mix. Pour mixture into greased two-quart baking dish. Top with remaining chopped bacon. Bake at 325 degrees for about 90 minutes or until bubbly and desired consistency.

Serves 6 | Nutritional Information per serving: one serving (271g) Calories 327; Total Fat 7g (2 g sat fat); Cholesterol 12 mg; Sodium 1,078 mg; Total Carbs 53 g; Protein 16 g; Fiber 11 g