

SOY BE IT! ... THE SO SOYA+ COOKBOOK

ACKNOWLEDGMENTS

Acknowledgments are usually given to a few specific individuals whose support and encouragement has made the difference between a book being completed or not. This book is different - in many ways.

We would like to take this opportunity to extend our gratitude and warmest personal regards to many people - namely, all of the people in the stores who agreed to carry our product as well as our valued customers. Without each of you, this book would not be possible.

When we originally offered SO SOYA+ to stores, it had no proven track record. There were no other products like it on the store shelves. We appreciate the willingness each of you extended to take a risk and give us a chance to prove ourselves and SO SOYA +. May we have a long and mutually beneficial relationship!

We're always glad to hear from our customers by phone, fax, letter or e-mail because each of you enriches not just our business, but our lives as well, in many different ways. I, personally, enjoy each encounter with customers because of their feedback. We hear wonderful stories about people being told by their doctors that they must change something in their lifestyle to improve the quality of their health. Often SO SOYA+ has been a heaven-sent product for them. Others tell us of how ho-hum their vegetarian diet had become until they discovered SO SOYA+. Many parents have called to congratulate us for coming out with a product that picky eaters actually enjoy! I could go on and on giving examples of what you tell us. The bottom line is that when you let us know what you think, we know what we're doing right. We also learn what else you may be looking for. That allows us to grow in a productive manner.

Many of you have gone above and beyond even this by sending us recipes you've taken the time, trouble and expertise to create yourself. You know who you are.

Give yourselves a pat on the back for good work. We like to reward people like you who give of them to help other improve their lifestyles. This is why we send out two free boxes of SO SOYA+ for each selected SO SOYA+ recipe that you submit. You may even see your recipe in one of our publications! Congratulations to each of you. You're all winners in my book!

We, at So Soya+ Inc. strive to provide the very best for our customers. There's nothing more gratifying at the end of the day than going home with a smile on your face because you helped at least one person improve the quality of their life. For what may sound like a simple pleasure in life, we are extremely grateful!

Here's a great, big "THANK YOU" to each and every one of you, from all of us at So Soya+ Inc.!

COMPANY PROFILE

So Soya+ Inc. Manufactures and distributes the finest quality products and continuously strives to maintain customer satisfaction.

OUR PRODUCTS

The heavenly and healthy attitude to life - SO SOYA+ - I can't believe its vegetarian!

The light golden BHI EXTRA VIRGIN SESAME SEED OIL- no additives or preservatives.

COMPANY BACKGROUND AND STATUS

Under the guidance of Mr. Rajadurai, So Soya+ Inc. commenced operation on November 1, 1991 and was subsequently incorporated under the Ontario Business Corporations Act on November 5, 1991. We distributed a product called PORTELLO BEVERAGES. Keeping with the general trend towards healthier lifestyles, SO SOYA+ was launched in January 1998. About a year later we offered BHI EXTRA VIRGIN SESAME SEED OIL to the market place. Positive feedback from customers tells us we've made good decisions. Further feedback has encouraged us to look into other healthful products that we will endeavor to be able to provide as well.

So Soya+ Inc. exceeded itself when it won the Ontario Chamber of Commerce Award and now it enjoys unlimited publicity. Bay Hill Impex manufactures and distributes only the finest quality products and continuously strives to maintain customer satisfaction.

Bay Hill Impex strives to be environmentally friendly. All of our plant waste is segregated and sent for recycling.

OUR MOTTO

In the words of Mr. Rajadurai, "Life is a series of experiences, each teaching us to grasp life one step at a time. If it weren't for the obstacles in life, we would have nothing to celebrate."

PROMOTIONS

We promote our products by participating at shows, seminars and doing hands on sampling sessions. We do a minimum of 10 shows per year. In the past , we have participated at:

International Chinese New Year Festival
Vegetarian Food Fair
National Spring Home Show
National Fall Home Show
Metro Home Show
International Spring Home Show
International Fall Home Show
Markham Home Show
The Vancouver Wellness Show
Good Food Festival
The Wellness Network Trade Show
The Canadian International Food and Beverage Show
Grocery Showcase Toronto
Grocery Showcase Vancouver
Foodservice Show Vancouver
Canadian Produce Marketing Association Trade Show
Fine Food Festival
Canadian Health Food Association Trade Show - Toronto
Canadian Health Food Association Trade Show - Vancouver
Canadian Health Food Association Trade Show - Halifax
Produce Marketing Association Trade Show - U.S.
Natural Products Expo East - U.S.
Natural Products Expo West - U.S.
National Food Distributors Association Show - U.S.
European Ethnic Food Expo - U.K.

We conduct a minimum of 50 sampling session a year at chain stores, special events and independent grocery stores.

PROMOTIONAL SUPPORT

CBC's Venture aired a feature program on PORTELLO nationally on May 26th, 1996. They took over 60 hours of footage to produce a documentary on PORTELLO BEVERAGES. The programs generated thousands of consumer and distributor contacts across Canada. CTBC, an Asian cable radio network, followed up with a similar talk show program on June 10th, 1996. These programs generated various interests among consumers.

Today, PORTELLO has procured a prominent place within the mainstream market. CFMT's Asian Television program featured yet another documentary on PORTELLO and Bay Hill Impex on June 15th 1996 and repeated the program on June 16th 1996.

PORTELLO BEVERAGES sponsored the Striker Spirit soccer tournament in '96 and '97 hosted by the Red Cross. To date PORTELLO BEVERAGES, under So Soya + Inc., has generated articles in various ethnic and main stream magazines and newspapers, including The Globe and Mail.

Bay Hill Impex also sponsors various cultural events and occasionally donates products to good causes. Once a month, Bay Hill Impex prepares meals using SO SOYA + and donates them, as well as PORTELLO to the under-privileged.

NUTRITIONAL BENEFITS FROM SO SOYA +

Helps build and repair body tissues and helps build antibodies! (Protein)
Assists in the utilization of fats, and supplies energy! (Carbohydrates)
Factor in red blood cell formation! (Iron)
Releases energy from Carbohydrates and assists in normal growth! (Vitamin B!)
Factor in formation and maintenance of bones and teeth! (Calcium and Phosphorus)
Factor in energy metabolism, tissue formation (Zinc, Vitamin B2, and Vitamin B6) and bone development! (Magnesium)
SO SOYA + contains up to 136 mg of Isoflavones per serving!

SO SOYA +'s NUTRITION INFORMATION

Per 34 g serving (2/3 cup)

Energy	95 Cal / 400 kJ
Protein	18 g
Fat	0.3 g
Polyunsaturates	0.2 g
Monounsaturates	0.1 g
Saturates	0.1 g
Cholesterol	0 mg
Carbohydrate	10 g
Dietary fiber	6 g
Sodium	3 mg
Potassium	825 mg

ARE YOU ENTERPRISING?

For those enterprising individuals, we are currently active in Canada, England, France, Germany, and Switzerland. If you are interested in the business and wish to promote SO SOYA +, FRUITELLO BEVERAGES or BHI EXTRA VIRGIN SESAME SEED OIL in your own area, you can reach us in one of three ways:

Tel: (905) 948-1769

E-mail: info@sosoya.com

INTRODUCTION

SO SOYA + is the most amazing new revolutionary food to hit the market since sliced bread - literally! Not only is it as convenient as sliced bread, SO SOYA + is quick and easy to prepare into a large variety of dishes. It's the perfect food no matter what diet you're on.

Whether you love delicious food, are a vegetarian, on a special diet, simply watching what you eat, serving picky eaters, or are an athlete who needs to watch every gram you ingest, SO SOYA + is ideal for you. SO SOYA + is fat and cholesterol free, high in protein and fiber, low in carbohydrates and calories. If you're on a special diet, take a package of SO SOYA + to your doctor to discuss the optimum daily amount of SO SOYA + for your specific needs.

SO SOYA + is user-friendly which is great for everyone from gourmet chefs to those of us who love to nosh on gourmet foods, but are semi-inept in the kitchen! All you have to know are three things:

- 1) What flavors you enjoy;
- 2) How to boil water; and
- 3) How to create heat to cook on. You know...turn on a stove, microwave, barbecue or even rub two sticks together to make a flame, (we do suggest, however, that if you prefer to cook over an open flame, take it outside!)

And...PRESTO! With SO SOYA +, you'll have everyone thinking you're a gourmet chef in no time!

SO SOYA + is the ideal food for all of us who have a hectic (o.k., let's be honest - chaotic) lifestyle. For most of us "the quicker, the better" rule applies. SO SOYA + can be ready to eat in as little as twenty minutes. We provide you with many dynamic, delicious recipes that can be prepared in less than twenty minutes! This is the same time it takes to make rice, pasta or whatever side dish you may want to serve with SO SOYA + - also less time than it can take to make reservations for dinner!

As you're going through the recipes in this book, I'm sure you'll be impressed by how easy they are. Simply soak SO SOYA + for a few minutes and then add it to whatever you're preparing! If you're making something that already has ample liquid in it, say, soup, stew or perhaps chili, put the SO SOYA + in without even soaking! It'll not only absorb the hot liquid in your meal, but the flavors as well!

How's this for effortless cooking?

Easy doesn't mean boring when you're cooking with SO SOYA +! Praises are being sung around the world for SO SOYA +'s versatility. You're in control of the flavor. SO SOYA +, like all soy products, is bland before you start. We've kept it pure and natural - no flavors or colorings which would have caused us to use preservatives and additives. You add whichever flavors and how much you like to get the perfect meal for you each time! SO SOYA + is the ideal food for everything from soups and appetizers to desserts and much more in between. Whether you're planning an elegant 7-course dinner party or simply want to throw together a quick, nutritious lunch that the kids will enjoy, SO SOYA + has lots of options for you! Many of the recipes for stir fries can be adapted to become appetizers or wraps! Even last night's leftovers become exciting. SO SOYA + can be used to add nutrition to any dish you prepare for breakfast, lunch, dinner, entertaining or snacks!

WHAT IS SO SOYA +?

SO SOYA + is prepared from specially selected, non-genetically modified organism (GMO free), premium soybeans. After being carefully selected, the beans are ground into soy flour. The fat is extracted to provide the maximum health benefits to you. This flour is formed into shapes and dehydrated.

The dehydration process allows for maximum storage potential. We receive inquiries about why there has not been an expiry date on our packages. Under government regulations, if a product has a shelf life in excess of six months, the packages needn't be stamped with an expiry date.

WHAT IS SO SOYA +'S SHELF LIFE?

I'm glad you asked. It's an amazing two years! Why? Moisture is needed for bacteria to grow. SO SOYA + is dehydrated so it's very dry. Therefore, there's no chance of bacteria. We then package SO SOYA + in a handy re-sealable plastic bag to ensure dryness and provide maximum convenience for you. Once opened, simply use what you need, re-seal the plastic bag and return it to the cupboard to ensure continued freshness for the balance of the package!

Many of our customers rave about the two-year "shelf life" of SO SOYA + meaning just that - SO SOYA + can be stored on a shelf in the cupboard - even after opening. Not needing to refrigerate SO SOYA + is a good benefit at home, but a wonderful benefit when camping!

WHAT IS GMO FREE?

GMO FREE is short for a food not having any genetically modified organisms. There have been concerns about consuming foods that have been genetically modified to withstand pesticides. The soy beans used in SO SOYA + is grown using traditional farming methods. The largest genetic identification-testing lab in North America to ensure that no genetically modified beans are used regularly tests our beans.

SO SOYA + IS PART OF THE HEART AND STROKE FOUNDATION'S HEALTH CHECK PROGRAM

Grocery shopping can be a confusing experience. Some packages list all kinds of nutrition information on the label while other just provide the bare minimum, such as an ingredient list. To assist you with your grocery shopping, the Heart and Stroke Foundation has created a program called Health Check™. It's a program that will help you make wise food choices. Every food product involved in the program will have an explanatory message, a nutrition panel and/or an on-pack symbol

At the heart of the program is the Health Check &trade symbol and the Heart and Stroke Foundation name. The Health Check &trade symbol on the package means that the product's nutrition information has been reviewed by the foundation and it meets the established nutrient criteria. Choosing Health Check™ products will help contribute to healthy eating for you and your family.

SO SOYA + is proud to be involved in the Health Check program and financially supports the Health Check Education program of the Heart and Stroke Foundation.

SO SOYA + is part of the meat and alternatives group of Canada's Food Guide To Healthy Eating. Enjoying a variety of foods from each group every day is part of healthy eating. This is not an endorsement. For more information about the Heart and Stroke Foundation, visit thcheck.org.

SO SOYA + IS KOSHER

SO SOYA + products are manufactured under the supervision of the Union of Orthodox Jewish Congregation and are kosher.

WHERE CAN I GET THIS AMAZING FOOD?

SO SOYA + is becoming more and more readily available throughout most of Canada, parts of the United States, Britain and various other countries in the world. If you can't find SO SOYA + where

you like to shop, simply talk to the store manager. A consumer's voice carries a lot of weight to your store manager. If he keeps you happy, you'll keep coming back.

You may be a little timid, but let's discuss it. If you don't tell the manager what you want, his crystal ball probably won't, either! The chances are probable that if it's something you've been looking for, so have other people. Do your good deed! Simply muster your courage for a couple of moments and ask the store manager to order it in for you. Perhaps he hasn't yet heard of it, and it'll become his best seller! Everybody wins when you speak up and let others know what you want!

WHERE TO START

This is cooking - not rocket science. There are no rules except for the ones you impose on yourself. Break free! Experiment a little - or a lot. You're only limited by your imagination! Have fun! Let's discuss when you might tend to use one liquid ahead of another. But remember these are only suggestions - not rules!

Once you've decided upon a meal, select a flavor that coincides and use this flavor to soak SO SOYA +. It could be water, broth, juice, marinade, beer, wine, or any combination of liquids that you enjoy together. I've had people tell me they even soak SO SOYA + in a mixture of water and ketchup!

If you're going to soak SO SOYA + and then put it in a stir fry or some other dish that you'll be using a strong flavored sauce, why not just use water? The sauce could possibly overpower the flavor of whatever you soak it in anyway. We found this to be the case in our SO SOYA + TRADITIONAL STIR-FRY.

If you're going to use SO SOYA + in a dish that your family is used to having chicken or beef in, like a chicken casserole or a beef stir fry, why not soak it in that flavor broth? Our SO SOYA + CASSEROLE SUPREME used to be a chicken casserole that I'd occasionally serve to company. It could stay in the oven, keeping warm, for an extended period of time if guests were late, so it was an ideal company meal. The first time I served it to guests who'd previously eaten it with chicken in it, they commented that I must've spent a lot on dinner - because the "chicken" I used this time had absolutely no fat on it! When I finally informed them that I hadn't used chicken, but substituted SO SOYA + soaked in chicken broth, they couldn't believe it! The morsels resemble the shapes and texture of meat. If you give them the flavor of meat, who can tell?

If you're a vegetarian who sometimes misses the flavor of meat, there are some delicious beef- and chicken-flavored vegetarian broths on the market. Use one of these to soak SO SOYA + for a touch of nostalgia from time to time.

If you're the kind of cook who likes to make as many meals as possible from scratch, try our SO SOYA + ORANGE GINGER STIR FRY. Juices with herbs and/or spices are often far superior to flavors you purchase.

Those of you who consider yourselves discriminate diners and those of you on special diets can gear your meals to suit your specific taste preferences and/or dietary restrictions. Simply use SO SOYA + in whatever you do want, leaving out what you shouldn't consume.

Perhaps you have a favorite marinade and want to lend that flavor to SO SOYA +. If it's thick, simply dilute it to a watery consistency and soak SO SOYA + in this mixture.

Alcoholic beverages like wine and beer may also be used to soak SO SOYA +, but you'll probably want to mix them with another flavor or combination of flavors. Why? Well, if you've ever heard the phrase "barley sandwich" in reference to a beer, SO SOYA + soaked only in beer and put between two pieces of bread would be a "Soya/barley sandwich" - literally! This is possibly a humorous idea, but not very appetizing to most of us. Besides, there are many better uses for beer!

TO MICROWAVE OR NOT TO MICROWAVE? ...THAT IS THE QUESTION!

SO SOYA + has been dehydrated. To prepare it, the moisture needs to be put back. This process is very simple and takes only a few minutes. There are a couple of ways you can accomplish this.

1) Follow package directions. OR Place equal amounts of SO SOYA + and the liquid of your choice (see WHERE TO START) in a microwave container. Nuke on high for up to 10 minutes (depending on your microwave), stirring three times throughout. By stirring every couple of minutes you give all of the morsels a chance to soak up the liquid.

2) Drain excess liquid.

3) Continue with the recipe.

In trying different recipes in this book, you'll find I sometimes suggest the soaking be done one way or the other. Both of the methods above are interchangeable in every recipe. The microwave directions have been given in some recipes to simply speed up the preparation time. The soaking method has been given in others to maintain consistency with the directions on the package. You decide which is better for you.

IS SO SOYA + THE SAME AS TOFU?

Definitely not! They are both made from Soya, and that's where the similarities end. By November 1999, we'd heard lots of consumers assuming that since SO SOYA + was made from soy, that it was tofu. Enough was enough! We launched a SO SOYA + TASTE TEST. We prepared SO SOYA + and tofu in exactly the same manner and asked consumers to taste both and fill out ballots giving us their honest opinion. Of the 431 people who participated, over 81% preferred SO SOYA +! Let's discuss the differences.

Tofu is made from soy milk. This gives it a wet, spongy texture. Like a wet sponge that can't absorb any more liquid, it is very difficult to get tofu to absorb either liquid or any flavor. What you end up with is a food that is bland, and has a

mushy, unfamiliar texture to most North Americans. Let's be honest. If we don't like something, no matter how good it is for us, we're not likely to eat it. Right? Well, this is where SO SOYA + comes to the rescue!

SO SOYA + is made from fat-free Soya flour. That's it. There's nothing else to declare. It's dehydrated and has no flavor added. That's as pure as you can get. As we likened tofu to a wet sponge, let's liken dehydrated SO SOYA + to a dry sponge. It can easily absorb whatever liquids surround it - right into the center of the meaty morsels. As it absorbs liquid, it also absorbs whatever flavor you give it. The texture of SO SOYA + is very familiar and meaty. At demonstrations, we're often asked what kind of meat the people are sampling. How's that for convincing? In other words, what you end up with when using SO SOYA + is a food that has whatever flavor you give it, in a familiar, meaty texture. This doesn't take any getting used to at all! For once, healthy doesn't have to be yucky!

HOW SHOULD I HANDLE PREPARED SO SOYA +?

Once SO SOYA + has been re-hydrated, it should be treated the same as meat. Refrigerate any leftovers and use them within 3 - 4 days. If you prefer to freeze any excess SO SOYA +, it freezes well for up to a month.

Warming SO SOYA + leftovers are easily done in the oven, or, more conveniently, in a microwave. You'll certainly want to keep this in mind when you're looking for something to take to work, for lunch!

RECIPE PORTIONS AND ADJUSTMENTS

Both the original SO SOYA + which comes in "slices" as well as the new SO SOYA + GROUND are in 227 gram boxes. Soaked, they'll each make about 800 grams. We're nice people and we like to estimate conservatively. We state that each box makes 6 to 7 servings. If you check Canada's Food Guide or call the Food and Drug Administration in the U.S., you'll find that they both consider 100 grams of soya to be a serving. In other words, there are really 8 "official size" servings per package.

In testing recipes for SO SOYA + GROUND, I found that in pouring the product from the package to a measuring cup, back and forth a couple of times, it seemed to magically disappear into thin air. Of course this isn't what was happening at all. In the handling process, the pieces broke down into smaller particles, were packed more tightly, and therefore measured a lesser volume each time. Don't despair! Simply measure the whole package and cut it into half, quarter, or whatever proportion of the box you need, and go from there. Contents really do settle in shipping!

Some recipes suggest you break the original SO SOYA + SLICES into tinier pieces similar to SO SOYA + GROUND. These recipes were developed before the creation of SO SOYA + GROUND. If you prefer to not beat your food with a blunt instrument, like a rolling pin, but to use SO SOYA + GROUND, simply substitute whatever portion of the package would be the equivalent. e.g., ½ box of SO SOYA + SLICES is the same as ½ box of SO SOYA + GROUND, even though they would measure differently in a measuring cup.

Most SO SOYA + recipes are usually for 4 servings. We've heard numerous concerns regarding our recipes from people who are cooking for 1 or 2 people at each meal. Be assured that you can half or double all SO SOYA + recipes with good results! If you're preparing a meal for a wedding, an army or a party and want to triple or quadruple the recipes, there's no reason you shouldn't get just as good of results as when you prepare the original recipe. Go for it and enjoy!

SO SOYA + AND YOUR HEALTH

Worldwide, more and more magazines, newspaper articles and T.V. shows are being put forth to the public raving about the health benefits of soya products. In visiting your favourite health food store for more information, you may have noticed that they keep such information very separate from products which relate. They've set their store up like that for a very good reason - and it's not to inconvenience you! You've probably also noticed that manufacturers like SO SOYA + have not been touting the health benefits of soya themselves. Do not assume that we don't realize it could help our business to do so.

Be advised that there is a government agency in Canada called the Canadian Food Inspection Agency (CFIA). This government body regulates many things for all of us as consumers. Their duties include allowing manufacturers of food products to use only appropriately designed packaging and make only legitimate claims about the contents, additions or exclusions of something in a food either on a package or in any advertising. They even do random analyses of any food products to ensure that manufacturers are not misleading consumers in any way. If they find that a manufacturer has erred or been dishonest, the CFIA has the power to mete out discipline until and unless the situation is corrected. They also provide many other important services, too numerous to mention here. The CFIA is a valuable agency to all of us for many reasons. They do, however, stipulate that health claims regarding a food cannot be made on a package or in any advertising information in order to sell a food product.

It is this regulation that prevents us from keeping you up to date on the latest findings regarding soya and your health. All we can do is suggest you consult your doctor, nutritionist, local newsstand or library for recent publications to bring you up to date from time to time. Such publications should always state their source of information. There's no reason that consumers looking to further educate themselves should not contact the source if they have unanswered questions.

HOW CAN I BE AMONG THE FIRST TO HEAR OF NEW DEVELOPMENTS WITH SO SOYA +?

We've created the "SO SOYA + TELL-A-FRIEND CLUB" just for people like you! E-mail us your name, address, phone number and e-mail address as well as the same information of a friend whom you've introduced to SO SOYA +. Simply enter your information through our web site at www.sosoyaplus.com. We'll add both of you to our Club Member List. This will entitle both of you to:

- Be the first to hear of new products.
 - Receive new recipes.
 - Have your name entered in various draws that we hold from time to time.
 - You need never do anything ever again! How easy can it get?
-

BAY HILL IMPEX EXTRA VIRGIN SESAME SEED OIL

This is a sesame seed vegetable oil catering to the gourmet cook who savours exceptional dressings, sauces, marinades, stir fries and other culinary creations!

HISTORY OF SESAME SEED OIL

Sesame is one of the oldest cultivated plants in the world. The tiny seeds of sesame have been known as a highly prized source of food oil in Babylon, Assyria and many other eastern countries for at least 4,000 years. SESAME SEED OIL was first referred to in the 6th century as "Moa" in Chinese and "Koba" in Japanese.

EXTRA VIRGIN SESAME SEED OIL

The finest of sesame seeds are mechanically cold pressed (at a temperature below 45C), and then filtered. It has the taste of sun ripened sesame seeds. Two natural preservatives known as sesamol and sesamolins are in SESAME SEED OIL. When refrigerated, EXTRA VIRGIN SESAME SEED OIL partially solidifies (crystals throughout), showing it has a high percentage of mono-unsaturated fatty acids (37% oleic) and saturated fatty acids (11% palmitic), making SESAME OIL more stable with a longer shelf life than other oils.

WHY SHOULD YOU INCLUDE SESAME OIL IN YOUR DIET?

SESAME OIL is CHOLESTEROL FREE and contains a high proportion of the good polyunsaturated fats and vitamin E.

HOW CAN YOU INCLUDE SESAME OIL IN YOUR DIET AND LIFESTYLE?

DIET

- Use in salads and cold dishes.
- A dash added at the end of a stir fry dish adds a tremendous depth of flavour as well as Vitamin E and Omega-3 essential fatty acids.
- Excellent for flavouring vinaigrettes.

LIFESTYLE- LAXATIVE AND TONIC

- SESAME OIL is known for its lubricating abilities.
 - SESAME OIL is an excellent source of Vitamin E.
 - SESAME OIL is used as a pharmaceutical solvent (as the carrier inside of capsules).
-

GROOMING

- SESAME SEED OIL is rich in essential fatty acids which are very useful to maintain the integrity of the skin. Our skin is porous and absorbs whatever products we apply to our skin. Instead of applying expensive cosmetics which may contain questionable preservatives and chemicals, why not prepare your own using BHI EXTRA VIRGIN SESAME SEED OIL? Not only will you have peace of mind about what is in your creations, but you'll also save a lot of money - even if you only use it to replace one or two of these high profit cosmetics.

VITAMIN E IN BHI EXTRA VIRGIN SESAME SEED OIL

- SESAME SEED OIL contains 7.3mg of Vitamin E per 100 grams of oil.
 - 2 teaspoons of BHI EXTRA VIRGIN SESAME SEED OIL per day provides the total recommended daily intake of Vitamin E.
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SAFETY TIPS FOR ALL OILS

- Always buy oils in glass containers. Plastic can leach chemicals into the oil.
- Keep bottles capped. Oxygen promotes the above mentioned chemical transfer and promotes rancidity.
- Use oils that are low in saturated fats.
- Keep all oils refrigerated. Heat, light and air are destructive, so keep them cool, away from direct sunlight and with as little exposure to air as possible.

SALADS

AND

APPETIZERS

Planning an elegant party and want hors d'oeuvres that are out of the ordinary? Why not make your favorite SO SOYA + STIR FRY RECIPE into mini-ke-bobs using toothpicks? Serve them on a bed of lettuce for elegant holiday entertaining! Your guests will rave about your culinary expertise and creativity! See the next section on STIR FRIES for ideas.

SO SOYA + CHICKEN-LESS SALAD

INGREDIENTS:

½ box SO SOYA +

2 cups broth

2 tsp. sage

1 cup celery (finely chopped)

mayonnaise (to moisten)

METHOD:

Combine SO SOYA +, broth and sage in a microwave container. Nuke on high for 10 minutes, stirring 3 times throughout. Place in a strainer for 5 minutes to drain excess liquid. Slice. Cool in fridge. Stir in celery and enough mayonnaise to moisten.

Serve in a sandwich, on crackers or in celery sticks.

ENJOY!

SO SOYA+ "CREATE-A-SOUP"

Serves 4 - 6.

CAMPING OR COTTAGING OR

BACK PACKING STAYING AT HOME

INGREDIENTS:

2 cups SO SOYA+

4 cups broth (prepared from dry mix)

4 cups broth (prepared from condensed soup or dry mix)

dehydrated vegetables 2 cups fresh vegetables,

diced dried spices/seasoning (to taste) 1 tsp. soya sauce

METHOD:

For soup-size pieces of SO SOYA+, simply hit it with a blunt object (e.g., rolling pin) to break the pieces into smaller bits. Combine all ingredients in a large pot and simmer 20 minutes or until vegetables and SO SOYA+ are desired consistency.

LUNCH: Serve with crackers or a sandwich.

DINNER: Serve with crusty bread.

ENJOY!

SO SOYA + GROUND / BROCCOLI SALAD

INGREDIENTS:

3/4 cup SO SOYA + GROUND

1/2 cup broth

1 pound broccoli

3 Tbsp. lemon juice

3 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

1 clove garlic (crushed and finely chopped)

1/4 tsp. salt

1/8 tsp. pepper

METHOD:

Heat broth. Add SO SOYA + GROUND. Set aside.

Wash, trim and steam broccoli just until tender. Drain. Combine with SO SOYA + GROUND. Refrigerate until thoroughly chilled.

Combine the last 5 ingredients to create the dressing. Pour over SO SOYA + GROUND and broccoli to serve.

ENJOY!!

SO SOYA + GROUND / HERBED, STUFFED MUSHROOMS

INGREDIENTS:

1/2 cup SO SOYA + GROUND

1/3 cup broth

40 - 50 small to medium sized mushrooms

ginger ale

1/2 cup fresh parsley (finely chopped)

4 cloves garlic (crushed and finely chopped)

2/3 cup Parmesan cheese

METHOD:

Wash mushrooms and trim stems. Remove stems and set aside. Cover mushroom caps in ginger ale and soak for at least 10 minutes.

Heat broth. Stir in SO SOYA + GROUND. Set aside

In blender or food processor, grind mushroom stems, garlic, parsley and Parmesan to a paste. Blend this mixture into SO SOYA + GROUND.

Drain mushroom caps. Fill caps with SO SOYA + GROUND mixture. Broil on top rack of oven 5 minutes until stuffing is golden brown.

ENJOY!

SO SOYA + GROUND / THAI SALAD

INGREDIENTS:

1 cup SO SOYA + GROUND

1 cup broth

3 tsp. soy sauce

3 Tbsp. lime juice

½ tsp. white sugar

½ tsp. dried chili flakes

1/4 diced red pepper

1 inch fresh ginger, peeled and julienned

1 small slivered red onion

2 Tbsp. roasted, unsalted peanuts (chopped)

2 Tbsp. chopped fresh coriander

METHOD:

In a microwave container, soak SO SOYA + in broth.

Combine soy sauce, lime juice, sugar and chili flakes. Mix well.

Pour above mixture over SO SOYA +.

Add red pepper, ginger, coriander and onion. Mix well. Allow to marinate for two hours, covered in the refrigerator.

Line a bowl with fresh lettuce leaves. Fill with salad. Sprinkle with chopped peanuts and coriander leaves.

ENJOY!

STIR FRIES

Each of the recipes in this section can be served with rice, pasta or potatoes for a satisfying, savory meal. If you're in love with one of the flavors, why not cook once and eat twice to save energy?

Planning an elegant party and want hors d'oeuvres that are out of the ordinary? Why not make your favorite stir fry into mini-ke-bobs using toothpicks? Your guests will rave about your creativity!

ORANGE GINGER SO SOYA + STIR FRY

INGREDIENTS:

½ box SO SOYA +

2 cups orange juice

1 Tbsp. grated ginger

1-2 cloves garlic

1/4 cup soya sauce

1/8 tsp. ground mace

½ tsp. vanilla extract

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

your choice of assorted fresh veggies

METHOD:

Combine the first 7 ingredients in a shallow microwave dish. Nuke on high for 10 minutes, stirring 3 times throughout. Drain, reserving liquid.

Heat oil in a large skillet. Stir fry SO SOYA +, adding fresh veggies, about 5 minutes, adding reserved liquid as needed.

ENJOY!

SO SOYA + HONEY / GARLIC BONANZA

INGREDIENTS:

2 cups SO SOYA +

1 cup honey/garlic BBQ sauce

2 cups water (more if needed)

1 sweet red pepper (chopped)

1 sweet green pepper (chopped)

METHOD:

Combine all ingredients EXCEPT peppers in a large skillet. Simmer until all of the SO SOYA + is soft, moist and has flavour in the center. (The majority of the liquid will have evaporated by this time. If SO SOYA + isn't soft enough yet, add more water and simmer a few minutes longer.) Add peppers. Stir fry 2 to 3 minutes longer.

Serve with rice or noodles.

ENJOY!

SO SOYA + "NON-BEEF" CURRIE

Serves 4.

INGREDIENTS:

1 tsp. BHI EXTRA VIRGIN SESAME SEED OIL

1 Tbsp. soya sauce

1 large onion (sliced)

1 clove garlic (finely chopped)

2 cups SO SOYA + (NOT pre-soaked)

4 cups low fat vegetarian, beef-flavoured broth

2 large carrots (pared and sliced)

½ large green pepper (diced)

¾ cup celery (sliced)

2 apples (thinly sliced)

2 tsp. butter

1 ½ Tbsp. thickening agent (flour OR corn starch)

1 tsp. curry powder

1/8 tsp. cinnamon

METHOD:

In a large skillet, heat oil and soya sauce. Add onion and garlic. Cook for a minute before adding the next 5 ingredients. Cook on medium-high heat for 10 minutes. Add apples and cook an additional 5 minutes. In a small sauce pan, melt butter. Place the thickening agent in a glass and add a few drops of the water to make a paste. Gradually add the rest of the water, stirring to eliminating any lumps as you go. Add this mixture to the melted butter, stirring constantly until it's completely blended in. Add curry powder and cinnamon. Heat one minute. Gradually add this mixture to the vegetables. Continue cooking for 3 minutes to let the flavors blend. Serve over rice or pasta.

HORS D'OUVRES: Alternate SO SOYA +, carrots and apples on party toothpicks and serve on a bed of lettuce.

DINNER: Serve over rice or pasta. ENJOY!

SO SOYA + ROTI FAJITAS

Serves 4.

INGREDIENTS:

½ box SO SOYA +

3 cups water

5 Tbsp. your favorite sauce (e.g. ketchup, hoisin or hot sauce, etc.)

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

1 cup your favorite veggies (e.g. onions or broccoli or green peppers or snow peas or celery or mushrooms or any combination you like.)

METHOD:

Soak SO SOYA + in boiling water with your favorite sauce for 10 - 15 minutes until soft. Drain.

In a large skillet, combine SO SOYA + and your favorite veggies. Stir fry 5 minutes until surrounding flavors are absorbed into SO SOYA + and veggies are desired consistency.

Heat 7 Rotis in oven until warm. Place stir fry in Rotis and serve.

ENJOY!

SO SOYA + TRADITIONAL STIR FRY

INGREDIENTS:

½ box SO SOYA +

5 cups water

1 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

½ Tbsp. soya sauce

4 Tbsp. your favorite stir fry sauce

1 sweet red pepper

1 sweet green pepper

1 cup bean sprouts

METHOD:

Heat water. Add SO SOYA +. Soak 10 minutes. Drain.

In a skillet, heat oil. Add SO SOYA +, soya sauce and stir fry sauce. Mix. Add peppers. Stir fry 5 minutes. Add bean sprouts for last minute.

Serve over rice.

ENJOY!

SPICY SO SOYA + STIR FRY WITH RICE

INGREDIENTS:

½ package SO SOYA +

2 cups broth

1 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

1 cup chopped onion

2-3 cloves garlic

1 cup chopped celery

2 tomatoes (diced)

1 tsp. cumin

½ tsp. hot sauce

1 tsp. sugar or apple juice

1 tsp. Worcestershire sauce

METHOD:

Soak SO SOYA + in broth. Drain.

In a frying pan, heat oil. Add onions, garlic and celery. Stir fry 2 minutes.

Add all remaining ingredients. Stir fry 10 minutes.

Serve over cooked brown, wild or white rice.

Serve with extra hot sauce, if desired.

Enjoy!

CASUAL MEALS

AND

DOWN HOME COOKIN'

This section is full of hearty, comfort-food recipes for everyday, healthy eating!

QUICK SO SOYA + CHILI

Serves 4.

INGREDIENTS:

½ box SO SOYA +

1 large onion (diced)

1 clove garlic (diced)

1 red pepper (diced)

1 green pepper (diced)

1 can kidney beans

1 16 oz. can diced tomatoes

2 sprigs fresh parsley (chopped)

dash chili pepper seeds

METHOD:

Place all ingredients in a large pot. Simmer for 20 minutes.

ENJOY!

SO SOYA + COUNTRY CHILI

INGREDIENTS:

1 cup SO SOYA +

2 cups water

2 Tbsp. ketchup

1 large onion (chopped)

1 green pepper (chopped)

2 cloves garlic (finely diced)

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

2 Tbsp. chili powder

2 Tbsp. oregano

½ tsp. cayenne pepper

2-28 oz. can diced tomatoes

2-16oz can red kidney beans with broth

2 cups broth

16 oz. frozen corn (optional)

METHOD:

Heat water. Add ketchup and SO SOYA +. Let stand 10 minutes. Drain.

In a large pot, heat oil. Add onion, pepper, garlic. Stir fry 1 - 2 minutes. Add SO SOYA +. Stir. Add chili powder, oregano and cayenne. Mix well. Add the remaining ingredients and simmer about 45 minutes over medium heat.

OPTION: For a different taste and texture sensation, add a 16 oz. package of frozen corn for the last 15 minutes.

ENJOY!

SO SOYA + CURRY WITH RICE

INGREDIENTS:

1 box SO SOYA +

4 cups broth

28 oz. can diced tomatoes

4 cups your favorite combination of vegetables (potatoes, celery, mushrooms, carrots, beans etc.)
cut into bite sized pieces

4 Tbsp. Prepared curry paste (Pataks)

METHOD:

Soak SO SOYA + in hot broth for 15 minutes. Set aside.

Combine tomatoes and other cut up vegetables in a pot. Simmer 10 to 15 minutes. Add SO SOYA + and curry paste. Simmer until vegetables are desired consistency and SO SOYA + has absorbed flavors.

Serve over rice with mango chutney and plain yogurt.

ENJOY!

SO SOYA + MEXICAN CORN DINNER

Serves 4.

INGREDIENTS :

2 cups SO SOYA +

2 packs taco seasoning (mix according to envelope directions)

24 oz. can whole kernel corn

1 cup tomato (diced)

1 sweet red pepper (diced)

1 sweet green pepper (diced)

1 tsp. hot sauce (optional)

METHOD:

Place SO SOYA + and prepared taco seasoning in a microwave container. Microwave on high for 10 minutes, stirring twice throughout this process. When all of the SO SOYA + is soft and moist, combine the remaining ingredients. Heat another 2 minutes in microwave and serve.

LUNCH - serve cold as a salad or in a pita pocket.

DINNER - serve warm over rice.

ENJOY !

SO SOYA + NACHOS DELUXE

Serves 4.

INGREDIENTS:

1 bag nacho chips (any variety)

Meaty Mixture:

2 cups SO SOYA +

2 cups low fat vegetarian, beef-flavoured broth

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

1 package taco seasoning

2 ounces sour cream

8 ounces taco sauce

Toppings:

1 cup grated cheddar cheese (low fat or no fat)

1-2 medium tomatoes, diced

Dip:

2 cups sour cream (low fat)

METHOD:

Meaty Mixture: To break SO SOYA + into smaller pieces, simply place it in a plastic bag and hit it with a blunt object (rolling pin). Place SO SOYA + and broth in a microwave bowl. Cook on high for 10 minutes, stirring twice. Drain. Pour BHI EXTRA VIRGIN SESAME OIL into a large skillet. Add SO SOYA + and dry taco seasoning. Stir fry 5 minutes. Remove from heat. Mix in sour cream and taco sauce. Place a hearty helping of nacho chips on a party platter or individual plates. Spoon meaty mixture on top. Add cheese and tomatoes. Microwave on high until cheese is melted. Serve with sour cream on the side.

ENJOY !

SO SOYA + NUGGETS

Serves 4.

INGREDIENTS:

2 cups SO SOYA +

2 cups water

3 cubes low fat vegetarian, chicken-flavoured broth

½ cup crumbs (bread, cracker OR cereal)

1/4 cup low fat Parmesan cheese (grated)

2 Tbsp. sesame seeds (optional)

1 Tbsp. parsley (either dried or fresh)

½ tsp. dried Italian seasoning or oregano leaves

½ cup plain yogurt (low fat)

METHOD:

Using a large microwave bowl, dissolve broth cubes in water. Add SO SOYA +. Microwave on high for 10 minutes, stirring twice. Drain. Combine next 5 ingredients in a shallow dish (a pie plate works well). Dip SO SOYA + nuggets in yogurt and then coat in crumb mixture. Place on a cookie sheet lined with foil (shiny side up). Bake 40 - 50 minutes at 375 F.

LUNCH: Serve with a big salad or your favorite veggies.

DINNER: Serve with fries or mashed potatoes and your choice of veggies.

ENJOY!

SO SOYA + OVEN FRIED RICE

INGREDIENTS:

½ cup SO SOYA +

3 cups broth

2 cups instant rice

1 envelope onion soup mix

1 cup chopped celery

1 cup green pepper (diced)

2 Tbsp. soya sauce

1/4 cup BHI EXTRA VIRGIN SESAME OIL

1 cup sliced mushrooms

METHOD:

Soak SO SOYA + in hot broth for 15 minutes. Add all of the other ingredients. Mix well. Pour into a casserole dish. Bake at 350 F. for one hour.

ENJOY!

SO SOYA + PASTA CASSEROLE

INGREDIENTS:

2 cups SO SOYA +

2 cups broth

2 3/4 cups uncooked rotini

1-10oz.can cream of celery soup

½ cup milk

2 cups cheddar cheese (grated)

2 cups frozen vegetables

1 ½ tsp. thyme

1 tsp. sage

1/4 cup whole wheat crackers (finely crushed)

METHOD:

In a microwave container, nuke SO SOYA + in broth for 10 minutes on high. Stir 3 times throughout this process.

Cook rotini according to package directions. Drain and rinse.

In a large bowl, combine soup and milk. Add SO SOYA +, rotini and the next 4 ingredients and stir until coated.

Pour into a casserole dish. Sprinkle with cracker crumbs.

Bake uncovered at 350 F. for 30 minutes.

ENJOY!

SO SOYA + SLOPPY JOE'S

Serves 4.

INGREDIENTS:

½ box SO SOYA +

5 cups broth

1-16 oz. can Sloppy Joe Sauce

4 whole wheat buns

METHOD:

Soak SO SOYA + in hot broth for 15 minutes. Drain. Add sauce to SO SOYA +. Cook until heated through. Pour over rolls.

ENJOY!

SO SOYA + TACOS

INGREDIENTS:

1 cup SO SOYA +

2 cups hot water

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

2 Tbsp. taco seasoning powder

½ head lettuce (shredded)

1 cup cheddar cheese (grated)

1-2 medium tomatoes (diced)

8-10 taco shells

METHOD:

To break SO SOYA + into smaller pieces, hit it with a blunt object (e.g. rolling pin).

Soak SO SOYA + in hot water for 15 minutes. Drain.

In a large skillet, heat oil. Add SO SOYA + and taco seasoning. Stir fry 5 minutes.

Fill taco shells with SO SOYA + mixture and top with lettuce, tomato and cheese.

ENJOY!

SO SOYA + TOMATO BAKE

Serves 4.

INGREDIENTS:

2 cups SO SOYA +

2 cups low fat vegetarian, beef flavoured broth

28 oz. your favorite tomato sauce

½ tsp. pepper

½ tsp. dry mustard

½ tsp. paprika

2 tsp. brown sugar

2 tsp. Worcestershire sauce

1/4 tsp. Tabasco sauce

3 potatoes (pared and cut into bite sized pieces)

1 medium onion (sliced)

METHOD:

Combine SO SOYA + and broth in a microwave bowl. Cook on high for 10 minutes, stirring twice. In a 9" X 13" baking dish, layer potatoes, contents from microwave bowl and onions. Mix all of the other ingredients together and pour over top. Bake at 325 F. until potatoes are the desired tenderness - about 1 ½ to 2 hours.

DINNER: Serve with a tossed salad.

ENJOY !

SO SOYA + VEGETARIAN CHILLI

Serves 4 - 6.

INGREDIENTS:

2 cups SO SOYA + (NOT pre-soaked)

1 large onion (diced)

1 clove garlic (finely chopped)

1 red pepper (diced)

1 green pepper (diced)

1 can kidney beans

1 can diced tomatoes (28 ounces)

2 sprigs parsley (fresh)

dash chilli pepper seeds

1 Tbsp. brown sugar (optional - sweet chilli lovers will want to add this)

METHOD:

Place all ingredients in a large pot. Simmer 30 minutes, and presto! Serve with whole wheat toast or crusty bread.

ENJOY !

SO SOYA + VEGGIE STEW

Serves 4.

INGREDIENTS:

1 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

1 medium onion (chopped)

2 cloves garlic (finely chopped)

2 cups SO SOYA + (NOT pre-soaked)

4 cups vegetable stock (any flavour)

2 potatoes (cut into bite-sized pieces)

2 carrots (cut into bite-sized pieces)

1 stalk celery (cut into bite-sized pieces)

2 Tbsp. thickening agent (flour OR corn starch)

4 ounces cold water

METHOD:

In a large skillet, brown onion and garlic in oil. Add all of the remaining ingredients EXCEPT the thickening agent and water. Simmer until vegetables are the desired tenderness. Place the thickening agent in a glass and add a few drops of the water to make a paste. Gradually add the rest of the water, stirring to eliminating any lumps as you go. Add this mixture to the skillet gradually, stirring constantly until it's completely blended in. Continue cooking another 2-3 minutes until the stew is thickened.

LUNCH: Serve with toast.

DINNER: Serve with crusty bread.

ENJOY !

SO SOYA + GROUND / CABBAGE ROLLS

INGREDIENTS:

1 head cabbage

2 cups SO SOYA + GROUND

2 cups broth

½ cup instant rice

½ cup water

½ cup onion (finely chopped)

1 egg

1 16 oz. can tomatoes

1 tsp. salt

½ tsp. pepper

1-2 cans pasta sauce (or your own home made variety)

METHOD:

Remove core from cabbage. Carefully remove outer leaves, one at a time so they don't tear. Place individual leaves in boiling water for 3 minutes to soften. Cut thick center stem out of each leaf.

Heat broth. Add SO SOYA + GROUND. Stir.

Cook rice in water according to package directions.

Combine all of the ingredients EXCEPT the cabbage leaves and pasta sauce. Mix well.

Lay the cabbage leaves out and place a tablespoon of the SO SOYA + GROUND mixture in the center of each leaf. Fold the cabbage around the mixture, rolling it up. Place leaf flap side down in a casserole or baking dish. Completely cover with pasta sauce. Bake at 350 F. for about 1 hour.

ENJOY!

SO SOYA + GROUND / CABBAGE ROLL CASSEROLE

INGREDIENTS:

The same ingredients as in SO SOYA + GROUND CABBAGE ROLLS

METHOD:

Instead of going to all of the trouble of peeling and rolling the cabbage leaves, cut the cabbage into manageable pieces. Boil till soft. Drain. Chop coarsely. Set aside.

Prepare the SO SOYA + GROUND mixture the same as in SO SOYA + GROUND CABBAGE ROLLS.

Layer the SO SOYA + GROUND and the cabbage repeatedly in casserole dishes. Cover with pasta sauce and bake at 350 F. for about 1 hour.

ENJOY!

SO SOYA + GROUND / DEVILED BURGERS

The delicious topping for these, open-faced burgers can be prepared ahead and kept in the refrigerator. What a great way to have quick nutritious lunches or after school snacks almost ready for the kids! These burgers can also be served with soup or salad for an informal dinner!

INGREDIENTS:

TOPPING: 1 ½ cups SO SOYA + GROUND

1 ½ cups broth (heated up)

6 oz. tomato paste

½ tsp. salt

1 tsp. oregano

1 tsp. cumin

1 tsp. Worcestershire sauce

½ tsp. red hot sauce

BASE: 8 whole wheat buns (split in half)

METHOD:

Combine SO SOYA + GROUND with heated broth. Add remaining TOPPING ingredients and mix well.

Place bun halves on a cookie sheet. (To make clean up a snap, cover the cookie sheet with tin foil.) Spread TOPPING over each bun. Be sure to spread it right out to the edges so the buns don't burn in the oven.

Place the cookie sheet under a preheated broiler. Cook 4 to 5 minutes until topping is bubbling.

ENJOY!

SO SOYA + GROUND / MEAT-LESS LOAF

INGREDIENTS:

1-1/4 cups SO SOYA + GROUND

1-1/4 cups broth

2 eggs (slightly beaten)

1 10oz. can condensed tomato soup

1/4 cup pasta sauce

1 cup cracker crumbs

3 Tbsp. Worcestershire sauce

2 Tbsp. soya sauce

METHOD:

Heat broth. Add SO SOYA +. Stir. Combine all other ingredients. Turn into a loaf pan. Bake at 375 F. about 45 minutes.

ENJOY!

SO SOYA + GROUND / PASTA SAUCE

USING BONUS SEASONING - 1

INGREDIENTS:

1/4 box (approx. ½ cup) SO SOYA + GROUND

½ cup water

1 Tbsp. seasoning (included in SO SOYA + GROUND)

2 cups pasta sauce

METHOD:

Heat water just to boiling. Turn burner down to medium-low. Add seasoning and dissolve. Add SO SOYA + GROUND and stir. Immediately stir in pasta sauce and heat until the desired temperature.

Serve over pasta.

ENJOY!

SO SOYA + GROUND / PASTA SAUCE

USING BONUS SEASONING - 2

INGREDIENTS:

1/4 box (approx. ½ cup) SO SOYA + GROUND

½ cup water

1 Tbsp. seasoning (included in SO SOYA + GROUND)

2 cups pasta sauce

METHOD:

Heat water just to boiling. Add SO SOYA + GROUND and stir.

Place SO SOYA + GROUND in frying pan. Sprinkle with seasoning and stir fry 3 minutes. Immediately stir in pasta sauce and heat until the desired temperature.

Serve over pasta.

ENJOY!

SO SOYA + GROUND / PIZZA

INGREDIENTS:

- ½ cup SO SOYA + GROUND
- ½ cup broth
- 1 pizza dough (available at bakeries and grocery stores)
- 6-8 oz. pasta sauce
- 8 oz. mozzarella (shredded)
- ½ red pepper (sliced)
- ½ green pepper (sliced)
- 1 tomato (halved and sliced)
- 3 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

METHOD:

Soak SO SOYA + GROUND in hot broth. Stir. Set aside.

Spread oil onto pizza pan or cookie sheet with hands. Use well-oiled hands to stretch the dough out to cover the pan. Keep stretching until, when shrinking back, it covers the entire surface. Spread sauce. Sprinkle mozzarella. Evenly distribute the veggies and SO SOYA + GROUND.

Bake at 400 F. 12 - 15 minutes or until crust edges are golden brown.

ENJOY!

SO SOYA + GROUND / POTATO BALLS

INGREDIENTS:

- ½ box SO SOYA + GROUND
- 2 cup broth
- 1 small onion (finely chopped)
- 1-6 oz. can. tomato paste
- ` 1 tsp. salt
- ½ tsp. pepper
- 1 Tbsp. parsley (chopped)
- 6 cups potatoes (boiled, still warm)
- ½ cup Romano cheese (grated)
- 1/4 cup butter
- 1 cup all purpose flour
- 2 eggs (slightly beaten)
- 1 to 2 cups all purpose flour
- 3 eggs (slightly beaten)

2 cups fine cracker crumbs OR SO SOYA + processed to fine grit in a blender or food processor

8 oz. pasta sauce

METHOD:

Stir SO SOYA + GROUND into heated broth. Add onion, tomato paste, salt, pepper and parsley. Heat 5 minutes. Set aside.

Mash the warm potatoes and add cheese, butter, 1 cup of flour and 2 eggs. Mix well.

With well-floured hands, shape about 2-3 Tbsp. of the potato mixture into a flat circle 3-4" across. Repeat until all of the potato mixture is used. Try to end up with an even number of circles because you'll need 2 for each ball. Set ½ of the circles aside.

Place about 1 Tbsp. of the SO SOYA + GROUND mixture in the center of a circle. Place the circle in the palm of your hand, and gently close your hand to make the flat circle into the shape of a cup with the SOYA mixture inside. Place another potato circle on top, and with well floured hands, press the top and bottom potato circles together to form a ball. Repeat until you've used all of the potato circles.

Carefully dip balls into beaten eggs, and then roll gently in crumbs to coat. Place on a foil lined cookie sheet. (The foil is for those of us who hate washing dishes!) Repeat until all of the potato balls have made their way to the cookie sheet. Bake at 350 F. about 30 minutes.

Add pasta sauce to the remainder of the SO SOYA + mixture. Heat and serve over potato balls.

ENJOY!

SO SOYA + GROUND / SHEPHERD'S PIE

INGREDIENTS:

1 box SO SOYA + GROUND

4 cups broth

2 Tbsp. soya sauce

2 Tbsp. Worcestershire sauce

1 Tbsp. garlic powder

1 cup pasta sauce

1 Tbsp. oregano

1 Tbsp. basil

20 oz. mixed vegetables (canned OR frozen, cooked and drained)

6 - 8 cups boiled potatoes

1/4 cup butter

½ cup milk

8 oz. cheddar cheese (grated)

METHOD:

Pour SO SOYA + GROUND into hot broth. Add the next 6 ingredients and mix well. Set aside.

Mash potatoes. Add butter and milk. Set aside.

Pour the SO SOYA + GROUND mixture into the bottom of a 9" X 13" baking dish. Evenly distribute the mixed vegetables on top. Spread the mashed potatoes over the vegetables. Sprinkle the grated cheese on top.

Bake at 350 F. for 30 to 40 minutes (until the SO SOYA + GROUND mixture is bubbling and the cheese is melted or browned, depending on your preference).

ENJOY!

SO SOYA + GROUND / STUFFED PEPPERS

Stuffed peppers are a classic cold weather meal. They're ideal to make ahead and refrigerate, and are even tastier the second time around!

INGREDIENTS:

6 medium green peppers

½ package SO SOYA + GROUND

2 cups broth

½ cup instant rice

1/3 cup finely chopped onion

1 1lb. can diced tomatoes

2 Tbsp. Worcestershire sauce

4 oz. old cheddar cheese

½ tsp. salt

dash pepper

METHOD:

Cut the tops off of peppers. Remove seeds and membrane. Precook peppers in boiling salted water about 5 minutes. Drain. Sprinkle the inside of the peppers generously with salt. Set aside.

Heat broth. Add SO SOYA + GROUND. Stir. Set aside.

Cook rice according to package directions. Set aside.

Combine SO SOYA + GROUND, rice and balance of ingredients EXCEPT the peppers. Mix well. Use this mixture to stuff peppers.

Bake at 350 F. approximately 45 minutes.

ENJOY!

BARBECUES

Didn't know you could actually barbecue SO SOYA + slices? Give it a try - you'll be favourably amazed at the succulent results!

GRILLED SO SOYA+ CAESAR

Serves 4.

INGREDIENTS:

2 cups SO SOYA +

2 cups hot water

3 cubes low fat chicken flavoured vegetable broth

1/4 cup BHI EXTRA VIRGIN SESAME SEED OIL

1 tsp. light soya sauce

½ tsp. sage

METHOD:

Dissolve cubes in water. Combine all ingredients EXCEPT SO SOYA + in a microwave container. Stir well. Add SO SOYA + and stir again.

Microwaves on high for 10 minutes, stirring twice throughout this process.

Insert shish-ke-bob skewers through SO SOYA + and barbecue on medium to medium-low heat for 5 minutes on each side.

LUNCH: Serve on a caesar salad.

DINNER: Serve on a caesar salad with low-fat fries on the side.

ENJOY!

SO SOYA + HONEY/DIJON SHISH-KE-BOBS

Serves 4.

INGREDIENTS:

2 cups SO SOYA +

3 cubes low fat vegetarian, chicken-flavoured stock

1 ½ cups water

1/4 cup BHI EXTRA VIRGIN SESAME SEED OIL

1/4 cup honey

2 Tbsp. Dijon mustard

2 Tbsp. lemon juice

1 clove garlic (minced)

1/4 tsp. dried sage

your choice of veggies

METHOD:

Combine all ingredients in a microwave container. Heat on high for 10 minutes, stirring twice. Insert shish-ke-bob skewers through SO SOYA +, alternating with the veggies of your choice. Cook on the barbecue for 5 minutes on each side over medium-low heat.

HORS D'OEUVRE: Make mini-ke-bobs by using toothpicks. Arrange on a bed of lettuce.

LUNCH: Serve on a croissant or hot dog bun. They're also great with a big salad.

DINNER: Serve on a bed of rice or noodles. Serve with roasted potatoes.

HAVE A PICNIC!

ENJOY !

SO SOYA + TERIYAKI SHISH-KE-BOBS

INGREDIENTS:

½ box SO SOYA +

1-2 cups teriyaki sauce

2-3 cups water

your choice veggies (e.g. red and green peppers, mushrooms, cherry tomatoes, onions, etc.)

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

METHOD:

Mix teriyaki sauce and water. Heat just to a boil. Add SO SOYA +. Let soak 10 minutes. Drain.

On skewers, alternate SO SOYA + and veggies. Lightly brush with oil. Barbecue or grill until veggies are desired consistency.

ENJOY!

ELEGANT MEALS

AND

FORMAL DINING

Try the recipes in this section when you have special occasions to celebrate. These culinary delights will add that extra touch to any festivity!

SO SOYA + BEEF-LESS STROGANOFF

Serves 4.

INGREDIENTS:

2 cups SO SOYA +
2 cups hot water
3 cubes low fat vegetarian, beef-flavoured broth
1 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL
1 medium onion (sliced)
½ tsp. mustard powder
2 Tbsp. tomato paste
1 Tbsp. Worcestershire sauce
½ cup plain no-fat yogurt or sour cream
1 10 oz. can sliced mushrooms (drained)
¼ cup finely chopped cilantro
2 Tbsp. thickening agent (flour OR corn starch)
4 ounces cold water

METHOD:

Dissolve broth cubes in hot water. Place SO SOYA + and broth in a microwave bowl. Microwave on high for 10 minutes, stirring twice. In a large skillet, brown onion in sesame oil. Add contents from microwave bowl, mustard powder, tomato paste and Worcestershire sauce. Stir fry 5 minutes. A little extra water can be added if it gets dry. Blend in yogurt or sour cream, mushrooms and cilantro. Place the thickening agent in a glass and add a few drops of the cold water to make a paste. Gradually add the rest of the cold water, stirring to eliminating any lumps as you go. Add this mixture to the skillet and heat on low for 3 more minutes. Serve over noodles with a side salad.

ENJOY !

SO SOYA + CASSEROLE SUPREME

INGREDIENTS:

½ box SO SOYA +
2 cups broth
1 can (10 oz.) cream of mushroom soup
1 bunch broccoli
cheese slices either Swiss or cheddar

METHOD:

In a microwave container, combine SO SOYA + and broth. Microwave on high for 10 minutes. Stir 3 times throughout.

In a casserole dish, layer ½ cream of mushroom soup, ½ soaked SO SOYA +, ½ bunch broccoli, ½ cheese slices. Repeat.

Cover casserole dish and bake at 350 F. 40 to 45 minutes. To create a crispy topping, remove cover for last 10 minutes.

Serve over a bed of rice or noodles.

ENJOY!

SO SOYA+ "NON-VEAL" PARMESAN

Serves 4.

INGREDIENTS:

2 cups SO SOYA +

2 cups hot water

2 cubes low fat vegetarian, beef-flavoured broth

½ cup crumbs (bread, cracker OR cereal)

1 10 oz. can tomato soup

1/4 cup water

1/4 cup minced onion

1/8 tsp. garlic powder

dash thyme

5 - 6 slices fat free mozzarella cheese slices

2 Tbsp. fat free grated Parmesan cheese

METHOD:

Dissolve broth cubes in hot water. Combine SO SOYA + and broth in a microwave bowl. Cook on high for 10 minutes, stirring twice. Drain. Coat SO SOYA + chunks in crumbs and "fry" (without oil) in pan until brown. Place SO SOYA + chunks on bottom of a 9" square baking dish. Blend together the next 5 ingredients and pour over SO SOYA +. Top with mozzarella cheese and sprinkle with Parmesan. Bake at 350 F for 30 minutes or until hot and cheese is bubbling. Serve over noodles or rice.

ENJOY !

SO SOYA + POT PIE

INGREDIENTS:

½ package SO SOYA +

2 cups broth

½ cup chopped onion

6 Tbsp. butter

½ cup all purpose flour

1 tsp. salt

1 cup broth

10 oz. frozen peas and carrots

2 pie crusts (either frozen or home made according to recipe)

METHOD:

Soak SO SOYA + in 2 cups broth. Set aside.

Cook onion in butter until tender. Blend in flour, and salt. Add one cup of broth.

Cook, stirring constantly, until thick and bubbly. Add frozen peas and carrots. Heat until bubbly. Add SO SOYA +.

Fill one pie cruse with SO SOYA + mixture. For homemade crust, cover with dough, trim and crimp the edges of the top and bottom crust together. For frozen pie shells, invert the second crust on top and crimp the edges of both pie shells together to create a seal. (To ensure a leak-free seal, dab a little water between the top and bottom shell.) Use a knife or fork to poke steam holes in an attractive design in the top crust.

Bake on a cookie sheet, in preheated 400 F. oven for 30-35 minutes until pastry is golden brown. Let stand 5 - 10 minutes before serving.

ENJOY!

SO SOYA + SWEET AND SOUR "NON-SPARE-RIBS"

Makes a romantic dinner for 2 with leftovers for lunch.

INGREDIENTS:

1 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

2 cups SO SOYA +

2 cups broth

½ cup ketchup

½ cup brown sugar (firmly packed)

1 lemon (thinly sliced)

METHOD:

Combine all ingredients EXCEPT lemon in a microwave bowl and cook on high for 10 minutes, stirring twice throughout. Transfer to a baking dish and cover with lemon slices. Bake 30 minutes at 350 F.

OPTIONAL:

For variety, replace the lemon slices with pineapple rings and a can of peas!

HORS D'OEUVRE: Line a serving tray with lettuce. Place "Non-Ribs" on whole wheat crackers. Garnish platter with lemon wedges.

DINNER: Serve over noodles with a side salad of fresh veggies.

ENJOY !

SO SOYA + GROUND / LASAGNA

INGREDIENTS:

2 Tbsp. BHI EXTRA VIRGIN SESAME SEED OIL

½ cup onion (finely chopped)

3 cloves garlic (crushed and finely chopped)

28 oz. pasta sauce

1-6 oz. can tomato paste

½ box SO SOYA + GROUND

12 lasagna noodles

10 oz. spinach

1 lb. mozzarella cheese (shredded)

2 cups ricotta cheese

6-8 mushrooms (sliced)

½ cup Parmesan cheese

METHOD:

In a large skillet, heat oil. Add onion and garlic. After a minute, add pasta sauce, tomato paste and SO SOYA + GROUND. Simmer 15 minutes.

Cook lasagna noodles according to package directions.

Steam spinach. Drain and chop finely.

ASSEMBLY:

In a 9" X 13" baking dish spread 1/4 of the sauce to cover the bottom and sides. (This cuts down on the food sticking and being a nightmare to clean!)

Layer as follows:

1/3 mozzarella

4 lasagna (3 lengthwise with one going across at one end to fill in - trim to fit)

all ricotta (spread over lasagna)

all spinach

1/4 sauce

4 lasagna

all mushrooms

1/4 sauce

1/3 mozzarella

4 lasagna

1/4 sauce

1/3 mozzarella

all Parmesan

Cover with tin foil and bake at 375 F. 50 - 60 minutes until bubbling. Remove foil for the last 10 minutes to make cheese on top turn golden brown. Let stand 5 minutes to reabsorb its juices and flavors before cutting.

ENJOY!

SO SOYA + GROUND / SPINACH CREPES

INGREDIENTS:

Crepes: 1-1/2 cups sifted all purpose flour

1-1/2 cups milk

2 eggs

1 Tbsp. salad oil

1/4 tsp. salt

Filling: 1 cup SO SOYA + GROUND

3/4 cup broth

10 oz. spinach

3 Tbsp. BHI Extra VIRGIN SESAME OIL

1/3 cup onions (finely chopped)

1 egg

1/3 cup Parmesan cheese

1/2 tsp. salt

pinch pepper

Sauce: 1/4 cup butter

3 Tbsp. flour

1-1/2 cups hot milk or broth

salt and pepper to taste

METHOD:

Crepes: Combine all ingredients in a mixing bowl. Beat until smooth. Lightly grease a 6" skillet or crepe pan. Heat the pan over medium heat. Pour and evenly distribute a couple of tablespoons of the batter in the bottom of the pan. Crepes should be paper-thin so you can actually see through them. Brown gently on one side. Flip. Turn crepe immediately onto paper towel or tea towel. Continue until you have used all of the batter. You should have about 16 crepes.

Filling: Heat broth. Add SO SOYA + GROUND. Stir. Set aside.

Cook spinach. Drain. Chop. Set aside.

Place oil in a skillet. Heat. Add onions. Cook about 3 minutes. Add SO SOYA + GROUND. Add the rest of the FILLING ingredients and continue stir frying about 10 more minutes.

Assembly: Lay crepes out. Place a couple of tablespoons of filling towards one side of crepe. Roll up so filling doesn't fall out the ends. If it does, you've probably used too much filling. Try again. Place filled crepes in a baking dish and cover with sauce.

Sauce: Melt butter over medium heat. Stir in flour with a whisk, stirring rapidly until smooth. Gradually add liquid, stirring constantly. Bring sauce to a rapid boil for about 4 minutes. Sauce will thicken up somewhat. Add salt and pepper. Pour over crepes.

Baking: Bake at 375 F. about 30 minutes until golden brown.

ENJOY!

DESSERTS

I know what you're thinking...am I really crazy enough to think you'd believe you can put SO SOYA + into a dessert and expect your family to like it? Try it. I dare you. What an unbelievable way to make healthy desserts! Not only that, but they're good enough you'll probably even want to share them with your guests!

SO SOYA + GROUND - APPLE CRISP

INGREDIENTS:

1 cup SO SOYA + GROUND

1 cup unsweetened apple juice

4 cups sliced apples

1/4 cup packed brown sugar

1/4 tsp. nutmeg

1 1/2 tsp. cinnamon

TOPPING:

1/4 cup butter

3/4 cup all purpose flour

1/4 cup packed brown sugar

1 tsp. cinnamon

METHOD:

Place SO SOYA + and apple juice in a microwave container and heat for about 7 minutes on high, stirring twice. (You'll know it's done when all of the apple juice is soaked up by the SO SOYA +.)

Add next 4 ingredients and toss together. Place in 9" pie plate.

For topping, melt butter and add last 3 ingredients. Stir with a fork until you have crumbles. Sprinkle over apple mixture and bake at 400 F. about ½ hour. Stab the apples with a fork. When they're soft, it's done!

ENJOY!

SO SOYA + OLD FASHIONED MINCED MEAT PIE

Serves 8 - 10.

INGREDIENTS:

1 cup SO SOYA +

1 cup water

4 cups tart apples, peeled and diced

1 cup raisins or currants (or ½ and ½)

½ cup apple cider

½ cup brown sugar (if apples are not tart, reduce sugar)

1 orange (use only grated rind and juice)

1 lemon (use only grated rind and juice)

1 tsp. cinnamon

1 tsp. nutmeg

1 tsp. mace

½ tsp. allspice

½ cup chopped walnuts (optional)

2 frozen pie shells (or your own home-made)

METHOD:

In a large pot, bring the first 8 ingredients to a boil. Reduce heat and simmer gently until apples are soft (about 20 minutes).

Stir in the remaining ingredients EXCEPT the pie crust. Cook 5 more minutes. Keep in a covered jar in refrigerator until ready to use. Makes 1 quart.

TO BAKE:

Fill one pie crust with SO SOYA + mixture. Invert other pie crust over top. Moisten crust around the edges. Crimp top and bottom pie crusts together at edges. Pierce the top crust in an attractive design with a fork or knife. Brush a little milk or soy milk onto the crust. Place pie on a cookie sheet. Bake at 375 F. about 1 hour until golden brown. (If pie begins to brown too soon, lay a piece of foil lightly over top.)

ENJOY!