

1. So Soya+ TRADITIONAL STIR FRY

Ingredients:

So Soya+ slices 1/2 227g box
Water 5 cups
B.H.I. extra virgin sesame oil 2 Tbsp.
Soya sauce 1 Tbsp.
Hoisin/ stir fry sauce 4-6 Tbsp.
Sliced red pepper 1
Sliced green pepper 1
bean sprouts 1 cup

1. Soak So Soya+ in hot water for 15 minutes. Drain, discarding excess water. Heat sesame oil in a large frying pan or wok. Add soaked So Soya+ , hoisin/stir fry and soya sauces. Add peppers, and sprouts. Stir fry 3 to 5 minutes.

2. Serve in a wrap, with rice or over noodles.

Enjoy!

2. ORANGE GINGER So Soya+ STIR FRY

Ingredients:

So Soya+ Slices 1/2 227g box
Orange Juice
grated ginger 1 Tbsp.
garlic 1-2 cloves
soya sauce 1/4 cup
ground mace 1/8 tsp.
vanilla extract 1/2 tsp.
B.H.I. extra virgin sesame oil 2 Tbsp.
Assorted fresh vegetables

1. Combine the first 7 ingredients in a shallow microwave dish. Use enough orange juice to make sure So Soya + is completely submerged. Stir. Cook, uncovered, on high for 10 minutes.

2. Drain, reserving liquid.

3. Heat sesame oil in a large frying pan or wok. Stir fry So Soya+, adding fresh vegetables. Add reserved liquid as needed. Cook for about 5 minutes, or until vegetables are desired consistency.

4. Serve rolled up in a vegetable wrap, or on a bed

of rice or noodles. Enjoy!

3. BARBEQUED So Soya+ SHISH KEBOBS

Ingredients:

So Soya+ Slices 2 cups

teriyaki sauce 2 cups

water 3 cups

assorted vegetables

B.H.I. extra virgin sesame oil

1. Submerge So Soya+ in a mix of water and teriyaki sauce in a shallow microwave container. Microwave on high for 10 minutes. Drain.

2. On skewers, alternate So Soya+ chunks and fresh vegetables. Lightly brush with oil.

3. Barbeque or grill until vegetables are desired consistency.

Enjoy!

4. So Soya+ NACHOS DELUXE

Ingredients:

Nacho Chips (any variety) 1 Bag

Meaty Mixture:

So Soya+ Ground 1/2 227g box

water or broth 3 cups

taco seasoning 1 packet

B.H.I. extra virgin sesame oil 2 Tbsp.

sour cream 2 oz.

taco sauce 8 oz.

Toppings:

Cheddar cheese (grated) 1 cup

Diced Tomatoes 1-2 Medium

Dip:

sour cream

1. To prepare Meaty Mixture, heat water or broth. Soak So Soya+ Ground for 15 minutes. Drain.

2. Heat sesame oil in a large frying pan or wok. Stir fry So Soya+ and taco seasoning for 5 minutes. Remove from heat. Mix in taco sauce.

3. Place a hearty helping of nacho chips on individual plates, or a party platter. Spoon meaty mixture on top. Add cheese and tomatoes.

4. Microwave on high until cheese is melted.

5. Serve with sour cream on the side.

5. SPICY So Soya+ STIR FRY (serves 4)

Ingredients:

½ box SO SOYA+ Slices
1 Tbsp. olive oil
1 cup chopped onion
1 cup chopped celery
2 tomatoes (chopped)
1 tsp. cumin
½ tsp. hot sauce
1 tsp. garlic (2 -3 cloves)
1 tsp. sugar or apple juice
1 tsp. worcestersbire sauce

Soak SO SOYA + in boiling hot water as per package directions. Drain.

In a frying pan, heat oil. Add onions and celery and SO SOYA+.

After 2 minutes, add the SO SOYA+ and all remaining ingredients.

Stir fry for 15 minutes and serve over cooked brown, wild or white rice.

Enjoy!

6. So Soya + CASSEROLE SUPREME (serves 4)

Ingredients:

½ box SO SOYA+ Slices
2 cups chicken broth
1 10 oz. can cream of mushroom soup
1 bunch of broccoli
cheese slices - either swiss or cheddar

Soak So Soya + in hot chicken broth for 15 minutes Drain.

In a casserole dish, layer 1/2 cream of mushroom soup, 1/2 So Soya +, 1/2 bunch broccoli, 1/2 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 bed of rice or noodles.

Enjoy!

7. So Soya+ ROTI FAJITAS (Serves 4)

Ingredients:

½ box SO SOYA+ Slices

4 cups water

2 Tbsp. your favourite sauce (e.g. ketchup or hoisin or hot sauce etc.)

2 Tbs. Extra Virgin Sesame Oil

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

Soak SO SOYA+ in boiling hot water and your favourite sauce for 10 - 15 minutes until soft. Drain.

In a frying pan, combine SO SOYA+ and your favourite vegetables

Stir fry 2 - 5 minutes until surrounding flavours are absorbed into SO SOYA+ and SO SOYA+ and vegetables are desired consistency.

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

Enjoy!

8. QUICK So Soya+ CHILI (serves 4)

Ingredients:

½ box SO SOYA+ Ground

1 large onion (diced)

1 clove garlic (diced)

1 red pepper (diced)

1 green pepper (diced)

1 can kidney beans

1 large can of diced tomatoes

2 sprigs fresh parsley (chopped)

dash chili pepper seeds

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

Enjoy!

9. So Soya+ DEVILLED BURGERS (serves 8)

Topping can be prepared in advance as it keeps well in refrigerator. Accompany these with soup or salad for a filling meal.

Have ready:

8 whole wheat buns, split in half

Mix and let stand 10 minutes:

2 cups SO SOYA+

2 cups hot boiled water

Mix in another bowl for sauce:

6 oz. can tomato paste

1/2 cup vegetable stock or water

1/2 tsp. salt

1 tsp. oregano

1 tsp. cumin

1 tsp. Worcestershire sauce

1/2 tsp. red hot sauce

Drain the SO SOYA+ and add it to the sauce.

Place buns on a cookie sheet and spread with SO SOYA+ mixture.

Place under a preheated broiler. Cook 4 to 5 minutes until topping is bubbly. Be sure to spread mixture all the way to the edges so the buns do not burn.

10. COUNTRY CHILI WITH So Soya+ GROUND

Ingredients:

1 large onion, chopped
1 green pepper, chopped
2 cloves garlic, chopped
1 cup So Soya+ Ground
2 Tbsp. ketchup
2 Tbsp. olive oil
2 Tbsp. chili powder
2 tsp. oregano
1/2 tsp. cayenne
2 (28 oz.) cans tomatoes, coarsely chopped
2 (16 oz.) cans red kidney beans with liquid
2 cups hot water or vegetable broth

1. Pour 2 cups boiling water over 1 cup So Soya+ Ground and 2 Tbsp. ketchup and let stand 10 minutes

2. Heat a large pan. Add: 2 Tbsp. olive oil

3. Over medium heat, sauté the onions, pepper and garlic a few minutes. Sprinkle over the So Soya+ and stir with a fork: 2 Tbsp. chili powder, 2 tsp. oregano, 1/2 tsp. cayenne

4. Add the So Soya+ Ground to the pan and cook few minutes.

Sir in:

2 (28 oz.) cans tomatoes, coarsely chopped
2 (16 oz.) cans red kidney beans with liquid
2 cups hot water or vegetable broth

5. Cover and simmer for 30 minutes to one hour.

Taste and add salt. If desired, add a 16 oz.

package of frozen corn for the last 15 minutes.

Enjoy!

11. OLD FASHIONED GROUND PIE

The filing can be made a week ahead and refrigerated. Serves 8-10

Place in a large pot:

1 cup So Soya+ Ground dry

1 cup hot water

4 cups tart apples, peeled and diced

1 cup raisins or currants (or half and half)

1/2 cup apple cider

1/2 cup brown sugar (if apples are not tart reduce sugar) grated rind and juice of 1 orange grated rind and juice of 1 lemon

1. Boil mixture, reduce heat and simmer gently until apples are soft, about 20 minutes.

2. Stir in:

1 tsp. each cinnamon, nutmeg and mace

1/2 tsp. allspice

1/2 cup chopped walnuts (optional)

3. Cook 5 minutes more. Keep in a covered jar in refrigerator until ready to use. Makes 1 quart.

Have ready:

double crust for 9" pie

4. A 9" pie plate with the bottom crust, fill with ground mixture, top with crust, seal edges by crimping together, slash top in 6 places. Brush a little milk or soy milk onto the crust. Bake at 375 degrees about 1 hour until nicely browned. If pie begins to brown too soon, lay a piece of foil lightly over top.

Freeze leftover chili.

Enjoy!

12. So Soya+ TACOS

Pour: 2 cups boiling water over 1cup So Soya+ Ground and let stand 10 minutes

Have ready:

1/2 head shredded lettuce
1 cup grated cheddar cheese
1-2 medium tomatoes diced
8-10 taco shells

1. Heat: 2 Tbsp. B.H.I Extra Virgin Sesame Oil in a large pan.

2.Mix in pan for 5 min.:

-Soaked So Soya+ Ground
-2 Tbsp. taco seasoning (available from President's Choice or Old El Paso)

3.Fill the tacos with the So Soya+ Ground and top with lettuce, tomato, and cheese.

4.So Soya+ Ground work extremely well for this recipe. If you do not have any on hand, you can make them by whizzing the larger So Soya+ Slices in a blender for a second or two.

Enjoy!

13. SLOPPY JOES

Ingredients:

So Soya+ Ground 1/2 227g box
Broth 2 cups
Sloppy Joe Sauce 1- 16 oz. can
Wheat Rolls 4

1.Soak So Soya+ in hot broth for 15 minutes. Drain.

2.Add sauce to soaked soya. Cook until heated through.

3.Pour over rolls.

Enjoy!

14 a) Basic Red Sauce For Use with So Soya+ Ground Penne Recipe

Ingredients:

3 Tblsp. Olive Oil
3 Cloves of Garlic (minced)
1 Small onion (diced)
1 Small red Pepper (diced)
2 cans Plum Tomatoes
½ Cup Fresh Basil
Salt and pepper

1. Heat olive oil in a medium sauce pan over medium heat
2. Add Onion and sauté until translucent. Add garlic and peppers and cook 2-3 min.
3. Add tomatoes and simmer. Stir and crush tomatoes while cooking 45 min to an hour.
4. Add basil. Salt and pepper to taste.

Note: Most Canned tomato products are packaged with Citric Acid. A longer cooking time is recommended to cook out the acid resulting in a sweeter sauce.

14 b) Penne with So Soya+ Ground Ragu

Ingredients:

Boiling salted water
24 oz. Dry Penne pasta
1 med. Onion (thinly sliced)
1 cup rehydrated So Soya+ Ground
2 ½ cups Basic red sauce
2 Tblsp Chopped Rosemary
1 Tblsp balsamic vinegar

1. Cook pasta in salted water, stirring often, about 9min. being careful not to overcook. Drain in a colander and rinse with cold water until cool. Set aside.
2. In a large sauté pan, heat the olive oil and cook the onion over med. heat until it starts to turn golden.
3. Add the So Soya+ Ground red sauce, rosemary, and vinegar. Bring to a simmer and cook 6-7 min.
4. Toss with the Penne and serve with shaved Parmesan.

15. So Soya+ Fajitas

Ingredients:

2 cups rehydrated So Soya+ slices
1 large Onion, sliced
1 Red Pepper, sliced
1 Green Pepper, sliced
1 Jalepeno, seeded and sliced
2 cloves Garlic, crushed
1 Tblsp. Cumin
¼ cup chopped Cilantro or Parsley
Salt and Pepper
¼ cup Tequila
Juice from 1 Lime
¾ cup Olive or Vegetable Oil
6 inch Flour Tortillas
Grated Cheddar or Jack Cheese
Salsa
Sour Cream
Guacamole

1. Place the Onions, Peppers, Garlic, Cumin, and Cilantro in a bowl.
 2. In another bowl, place the Tequila, Lime Juice, and a pinch of Salt and Pepper, and whisk in the Oil.
 3. Pour the Tequila mixture over the Peppers, toss and marinate at least one hour. Add the So Soya+ for the last 15 minutes of marinating.
 4. Sauté the mixture in a very hot pan until tender.
- You may add additional Tequila and Lime at this point, but keep the pan away from the flame while doing so.
5. Serve with warmed Tortillas, Cheese, Salsa, Sour Cream, and Guacamole.

16. So Soya+ Ground White Chili

Can be used as a great Nacho topper.

Ingredients:

½ Package Rehydrated So Soya+ Ground

4 cups Broth (Chicken or Vegetable)

1 Tbsp. Olive Oil

1 small Onion, diced

1 cup diced Celery

1 cup diced Carrot

2 cloves Garlic, crushed

1 Tsp. Cumin

1 Tsp. Oregano

1-4 oz. can Green Chilies

1-14 oz. can Navy Beans

Garnish

Sour Cream

Shredded Jack Cheese

Jalepeno Pepper Sauce

Tortilla Chips

1. Bring Stock to a boil, remove from heat and soak So Soya+ Ground for 15 minutes. Reserve Stock and refrigerate the So Soya+.

2. Sauté vegetables in Olive Oil until tender.

3. Add So Soya+ Ground Soya-Wise, Garlic, Cumin, Oregano, Salt and Pepper.

4. Cook over medium heat about 5 minutes. Increase heat and add reserved stock. Bring to a boil, then reduce to a simmer.

5. Add the chopped Green Chilies and Navy Beans.

Simmer until the sauce reduces to the right consistency, about 20 minutes.

6. Serve with Sour Cream, Shredded Cheese, Jalepeno Sauce, and Chips on the side.

17. So Soya+ "John the Navigator" Special

Note: Because most of the ingredients for this dish are prepared ahead, it only needs about 5 minutes of cooking in the pan. Believe me it is worth the effort.

4 Cups Cooked Pasta, such as Penne ½ Cup rehydrated
So Soya+ Slices
1 small Eggplant
2 Cloves Garlic
4 oz. Chevre (goat cheese)
8 ripe Roma Tomatoes (can substitute sun dried tomatoes)
3 Cups hot Chicken or Vegetable Stock
1 Cup julienned fresh Basil
Salt and Pepper

Note: This recipe can be prepared quickly but can be truly amazing if the time has been taken to prepare several ingredients ahead of time. The preparations of the eggplant, garlic, and tomatoes are staples and can be used to enhance many dishes.

Preparing the eggplant:

Leave the skin on and cut into ½ inch slices. Generously salt both sides, place on waxed paper, on a cookie sheet.

Place another piece of waxed paper on top and another cookie sheet on top if that. Place a couple of heavy books on top to weigh it down for approximately ½ hour. Rinse, pat dry, lightly oil, and grill, or place under a broiler until nicely browned on both sides. Slice into ¼" strips.

Note: This salting process leeches out the bitter juices contained in eggplant. This greatly improves eggplant.

Preparing the tomatoes:

Sliced fresh Roma tomatoes in half. Place on a cookie sheet, sprinkle with salt and pepper, drizzle with olive oil and place in a 275-300 degree oven for 1-1/2 hours. This process dries the tomato leaving a sweeter more intense tomato flavor.

Preparing the Garlic:

Cut the top off a whole head of garlic (not the root end), drizzle with olive oil, sprinkle salt and pepper and place in the oven with the tomatoes, above. The garlic and tomatoes will be done at about the same time. The garlic cloves should be light golden in color and soft.

Preparation of Dish:

1. Heat a large sauté pan over medium heat and add 1 tbsps. Olive oil.

2. Add the So Soya+, eggplant, garlic (either whole cloves or mashed into a paste), goat cheese, tomatoes, basil, salt and pepper. Toss in the pan to warm.

3. Turn the heat to high, add the stock and bring to a simmer. Let simmer until the sauce begins to reduce.

4. Add your cooked Pasta, toss and finish simmering until the sauce is thick enough to coat the back of a spoon.

Serve with a fresh grating of Parmesan Cheese.

18. Kung-Pow ! submitted by Heather McLeod

Ingredients:

1 box SO SOYA+
4 cups all-vegetable "chicken" stock
2-4 cups bunches broccoli
4 garlic cloves
4 bunches green onions
2 cans sliced water chestnuts for the sauce:
2 cups all-vegetable "chicken" stock
2 tbsp. soy sauce
7 tbsp. rice vinegar or rice wine
2 tsp. toasted sesame oil or regular oil
2 tbsp. Worchester sauce
2 tbsp. hot sauce
½ tbsp. cornstarch
1 cup peanuts

Method:

Soak SO SOYA+ in 4 cups broth for 15 minutes. Drain. Steam broccoli. Place in a large bowl.

Heat a little oil in a wok or non-stick skillet and fry plump SO SOYA+ chunks for 5-10 minutes until browned. Place with the broccoli in a large bowl.

Combine sauce ingredients.

Crush garlic. Chop white ends of green onions. Heat a little oil again in the wok and fry garlic and white green onion ends for a minute or two. Add drained water chestnuts and fry for another couple of minutes. Add sauce and let simmer until it begins to boil. Turn off heat and add peanuts.

Pour sauce over broccoli and soy chunks. Stir. Use the green onions stocks to garnish.

Enjoy!

19. Vegetarian Lasagna

Ingredients:

2 cups of SO SOYA+
3-4 tbsp. extra Virgin olive oil
3 crushed garlic cloves
1 large onion finely chopped
2 basil leaves finely minced
1 400 g tub low fat cottage cheese
2 eggs
2 cups low fat Parmesan cheese
1 package or bunch of spinach
1 carrot shredded
1 tin (19 oz) tomato or four (very ripe) tomatoes: skin and deseed them
1/2 capsicum (pepper) finely minced
1 tsp. Italian seasoning
2 cups low fat mozzarella cheese
1 package lasagna noodles
salt, pepper
1 small tin tomato paste

Method:

Soak SO SOYA+ for about 15 minutes in hot water. Drain off water and squeeze dry.

Heat oil in pan. Add garlic and sauté until aromatic. Add minced onion, basil. Cook until translucent. Add minced red, capsicum (pepper). Cook 2-3 minutes. Add textured SO SOYA+, cook for 5-8 minutes. Add salt, pepper, Italian seasoning. Add crushed tomatoes, cook for 20-30 minutes. Add a small tin tomato paste, cook 5-10 minutes until thick.

Remove from heat. Blend cottage cheese eggs and 1 cup parmesan cheese. Set aside. Cook spinach until tender. Drain excess liquid.

Boil lasagna noodles according to package directions.

Smear a large oven proof dish with a drop of extra Virgin olive oil. Add 1 layer of noodles, then 1 layer of cottage cheese mixture, 1 layer of spinach sprinkle with ½ cup Parmesan cheese and ½ cup mozzarella cheese. Repeat another layer. Add a final layer of sauce followed by a generous amount of parmesan cheese and mozzarella cheese. Sprinkle with Italian seasoning.

Bake at 350 ° F for 30-40 minutes until golden brown.

Serve with a green salad and French garlic bread.

20. SO SOYA+ Coconut crusted cheese cake with glazed banana chips (all fat free) submitted by Jennifer Sukaylo

Ingredients:

½ cup SO SOYA+ (broken up into small pieces by placing it in plastic bag and biting it with a blunt object)
4-6 tbsp. butter buds (fat free liquid butter) or regular butter if desired
¼ cup sugar (to taste)
1-1 ½ tsp. coconut extract
1 cup water
3 (8 oz) packages Philadelphia fat-free cream cheese
¾ cup sugar
1 tsp. vanilla extract (or coconut or banana)
6 egg whites
4-6 SO SOYA+ slices/pieces (whole)
½ cup sugar
½ cup water
1-1 ½ tsp. banana extract
few drops vanilla extracts

Method:

Place ½ cup broken SO SOYA+ pieces into bowl with 1 cup water. Microwave 5-10 minutes. Drain, add butter buds, sugar and coconut extract. Stir together until consistency of paste. Lightly apply non stick spray on bottom of 9" pie plate. Line plate with crumble crust.

Mix cream cheese, sugar, vanilla with electric mixer on medium speed until well blended. Add egg whites, mix until blended. Pour cream cheese mixture into prepared pie plate.

Bake at 325 ° F for 45 minutes or until center is almost set.

Combine sugar and water with the 4-6 SO SOYA+ pieces, banana extract and vanilla extract and boil the simple syrup for 20 minutes on medium.

Place individual glazed banana "chips" pieces on cake.

Enjoy!

21. SO SOYA+ Honey Garlic spareribs
submitted by Jennifer Sukaylo

Ingredients:

2 cups SO SOYA+

2 cups water

1 cup McCormicks Low Fat Vegetarian Beef Broth

½ cup McCormicks Low Fat Vegetarian Chicken Broth

1 tsp. hoisin sauce

1 tsp. soya sauce

1 tsp. garlic, finely chopped

2 tbsp. brown sugar

Method:

Place SO SOYA+, water and beef broth in bowl and microwave on high for minutes. Drain.

"Brown" SO SOYA+ pieces in frying pan without oil. Add stock (chicken), hoisin sauce, soya sauce and garlic. Bring to a boil and stir in brown sugar.

Stir and cook about 5 minutes until sauce thickens and "ribs" are glazed.

Serve with rice.

Enjoy!

22. Meat Loaf submitted by Gertie Leitch

Ingredients:

1 box SO SOYA+ GROUND
water
1 Veggie beef flavouring
2 tbsp. butter
1 cup finely chopped onion
½ cup finely chopped green and red pepper
1/3 cup finely chopped celery
½ cup ketchup
½ cup "½ and ½ cream"
1 ½ tsp. salt
½ tsp. pepper
¼ tsp. red pepper flakes
2 tsp. Worcestershire sauce
1 tsp. red pepper sauce
pinch of sage
2 large eggs

Method:

Soak SO SOYA+ in hot water, with the veggie beef flavouring. Then, in a large fry pan, sauté the butter, and onions, peppers, celery, ketchup. Add the cream: simmer a few minutes. Add then the others ingredients, mix together.

Bake in 8" x 8" dish about 50 minutes at 350 ° F. (6 servings)

23. Samosa submitted by Bhagima Maisuria

Ingredients :

$\frac{3}{4}$ cup SO SOYA+ GROUND
1 chopped onion
1 tsp. crushed garlic
1 tsp. crushed ginger
2 or 3 green chopped onions
2 or 3 stems coriander leave fresh
1 tsp. lemon juice
1 tbsp. hot chili powder (if you like it hot)
1 tsp. gram masala
2 to 3 tbsp. oil
salt to taste

Method:

Fry onions in hot oil till tender. Add ginger, garlic salt, chili powder, then add ground SO SOYA+ . Mix. Cook for 5 minutes. Add chopped green onions, lemon juice, gram masala and coriander leaves. Stir. Set aside to cool.

You can purchase Samosa pastry or spring roll wrapper. Make pastry with white flour and water to bind Samosa.

Cut fold Samosa and fill with the cold soya filling and seal edges with paste. Deep fry.

Enjoy!

24. Soy Zone Stuffed cabbage- a 3 block meal submitted by Anne Gudz

B = block P = protein F = fat COH = carbohydrates

Blocks:

4 medium sized cabbage leaves, rinsed and steamed in microwave until limp. Remove thick "vein".

Filling:

34 g (by weight) SO SOYA+ soaked with ½ cup boiling water (or vegetable stock).

P = 18 g = 2.57 B, F = 0.3 g = 0.2 B, COH = 4 g = 0.4 B

Add (optional) 1 tbsp. soya grits, for crunchiness and blend in.

P= 0.5 B, F = 1 B, COH = 0.13 B

Or you can also add 1 tbsp. slivered chopped almonds.

½ medium onion, finely chopped (1 COH)

½ tsp. refined olive oil or sesame oil (1.7 F)

Add these ingredients to the mixture.

Seasonings:

¼ tsp. paprika

¼ tsp. garlic powder ... or to taste

¼ tsp. salt

1/8 tsp. black pepper

½ cup tomato sauce (1 COH), out of which add 2 tbsp. into above SO SOYA+ mixture, and blend.

Mixture will be "reasonably wet". Divide into 4, and wrap into the 4 cabbage leaves. Place in small casserole dish. Pour with a spoon rest of tomato sauce over the rolls. Cover with microwavable wrap. Microwave 10 minutes on high. Open carefully to leave a flap, so steam can escape. If you feel brave, turn each over carefully (depends on how adept you were at making the rolls). Microwave 5 more minutes on medium. Remove from microwave. Cover casserole dish to keep warm.

Mean while, microwave 1 cup green beans (1 COH) or other COH vegetable of your choice.

TOTAL: 3 P, 3 COH, and 3 F. Enjoy!

Notes:

The longer these are made and refrigerated (up to 5 days), the more the flavours will blend.

Could be done in oven