Recipes for Using Soybeans...

Fresh green soybeans and dry soybeans

With directions for growing in the home garden.

Circular 662

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE
EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS
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Prepared by

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Associate Professor of Foods

The directions and recipes given here are based partly on previous mimeographed publications by Sybil Woodruff, Jean I. Simpson, and Evelyn Chambers Faulkner. Information on growing soybeans was supplied by B. L. Weaver of the Department of Horticulture.
Why Use Soybeans

AN EXCELLENT FOOD

THERE ARE a number of reasons why soybeans and soybean products are worth much more attention by American homemakers. They can be made to add variety and interesting flavor to our meals; but even more important, they make meals more nourishing. This is true whether we use them as a green vegetable, as dry beans, or as soy flour, grits, or flakes.

Soybeans are rich in protein — the nutrient in food that is needed for growth and repair of body tissues. This is their most valuable contribution to good nutrition no matter in what form they are used. Also their high percentage of fat makes them rich in energy.

Minerals which we must have for good health, such as calcium, phosphorus, and iron, are present in soybeans. Several varieties used green are good sources of carotene, which the body can change into vitamin A, and they are fair sources of ascorbic acid. Whether used green or mature (dried on the vine) or as soy flour, all varieties add members of the B complex, especially thiamine, to the diet.

EASY TO GROW IN HOME GARDEN

Soybeans are as easy to grow as snap beans. They do well on all types of good soil; but mellow, fertile loams or sandy loams are best. Soils that will grow corn will grow these beans. The beans will do better than corn on the poorer soils provided the soil contains the proper inoculating organisms.

Since most varieties grow tall and have dense foliage, soybeans should not be planted next to rows of crops with limited growth, such as carrots and beets.

Be sure to inoculate the soil, if you have not grown soybeans in your garden before. You can buy pure cultures of soybean bacteria from your seed store and apply this material to the seed just before planting it. Or you can take soil from a field
where soybeans grew vigorously the year before, and scatter this soil on your garden.

**Need about the same climate as corn.** Once the plants are well started, neither drouth nor a wet season will seriously slow their growth or cut down the yield of beans. Planting is not advisable until danger of late spring frosts is past and the soil is warm.

Plant seed any time from early spring to midsummer. By growing varieties with different maturing dates, you can pick the green beans from mid-August to mid-October unless a severe frost occurs earlier.

See that seedbed is well prepared. Plant in rows 20 to 30 inches apart. For short rows use 6 to 9 seeds per foot. Place an inch deep, using a small single-row planter or dropping them by hand.

Start cultivation as soon as the seedlings appear. Repeat often enough to keep down the weeds. Usually only two or three cultivations are needed after the beans are up. If the work is done in the heat of the day, when the plants are tough, little injury will result. When the plants are tender from rain or dew they are easily bruised and broken.

Green beans are ready to use as soon as pods are plump and the seeds are nearly full size but still green. They stay usable until the pods show signs of ripening and the seeds begin to shrink.

When harvesting small lots of green beans, easiest way is to pull the plants or cut them off near the surface of the ground and take them to the kitchen or some shady place to remove the pods from the plants. If you prefer, you can of course pick the pods in the field and leave the plants to be plowed under for humus.

When harvesting mature beans, take them from the field early to avoid loss from shattering. The pods can be left on the plants, as they will open easily. When completely dry, the mature beans are ready to be stored for winter use. Store dried beans in sealed containers to prevent their becoming infested with weevils.

*(For best varieties of soybeans to grow for table use see page 16.)*
Green Soybeans

Served hot as a vegetable, like peas or corn, soybeans are very attractive. Because they are brilliantly green and crisp, they are excellent in salads. They also combine well with other vegetables and with meat or fish in casserole or in creamed dishes. Since fresh soybeans are available for only a short time, some homemakers will find it worth while to preserve them.

SHELling AND COOKING

Green soybeans must be shelled before they are served. They are not hard to shell if properly handled. First pour boiling water over them and leave them in the hot water for 5 minutes. Then drain and cool them. After this treatment it is easy to break the pods crosswise and squeeze out the beans. The beans are then ready to cook.

For a pint of shelled beans use 1 cup of boiling water containing \( \frac{3}{4} \) teaspoon of salt. Cook in a covered pan for 15 to 20 minutes after the water returns to boiling. Drain the beans and season with butter or in any other way you wish.

Be careful not to overcook green soybeans. Remember that they will not soften as peas do. When soybeans of the vegetable type are properly cooked they will still be bright green and have a firm nutty texture.

If you prefer to cook soybeans before hulling them, wash the pods carefully and then cook the pods with the beans in them for 20 to 25 minutes. Since the beans are hard to shell while hot, this method is not very satisfactory.

REcipeS

**Creamed shrimp and soybeans**

4 to 6 servings

- 1 cup shrimp, cooked and cleaned
- 2 hard-cooked eggs, chopped
- 1 cup cooked green soybeans
- 1 cup medium white sauce

Combine ingredients in the order given and heat thoroughly. Serve on toast.

**Soybeans and corn**

6 to 8 servings

- 2 cups cooked green soybeans
- 3 cups corn (cooked or canned)

Combine ingredients and heat thoroughly. Season with butter, salt and pepper.
Soybean and carrot ring 6 to 8 servings

4 cups grated raw carrot
1 cup bread crumbs
4 eggs
2 teaspoons salt

4 tablespoons melted fat
1 cup milk
2 cups cooked green soybeans

Mix carrots with bread crumbs. Beat eggs and add salt, milk, and fat. Add this mixture to carrot-and-crumb mixture. Pour into a greased ring mold, set in a pan of hot water, and bake in a slow oven (325° F.) until firm. Before serving, fill center with cooked green soybeans.

Green soybean tomato aspic 4 to 6 servings

1 tablespoon gelatin
¼ cup water
2 cups bouillon
1 cup tomato juice

1 tablespoon lemon juice
½ cup chopped celery
1 cup cooked green soybeans

Soak gelatin in cold water and dissolve in hot bouillon. Add tomato and lemon juices and chill until mixture begins to thicken. Add celery and green soybeans, pour into a mold, and chill until firm. Take out of mold and serve on lettuce.

Soybean and vegetable salad Any number

Blend cooked soybeans with any cold, diced cooked vegetable or with raw vegetables such as carrots, celery, radishes, or tomatoes, and season with French dressing or mayonnaise. Finely diced cheese makes a tasty addition.

FREEZING

Freezing is the most satisfactory way to preserve green soybeans. Only young green beans of the best quality should be selected. They should be processed as soon after harvesting as possible, frozen promptly and stored at 0° F. or lower.

Frozen green soybeans have an attractive color, a mild flavor, and a crisp texture. Select a large vegetable type of bean picked at the best stage for table use. Funk Delicious, Hokkaido, Jogun, Willomi, Emperor, Giant Green, Imperial, and Bansei are some of the varieties that are very satisfactory for freezing.

Directions. Blanch the unhulled beans, using 1 pound of soybeans to 1½ quarts of boiling water by lowering the beans into boiling water and keeping them there for 5 minutes. Count the time from the moment the beans were put in and continue heating the water throughout the 5 minutes. Then thoroughly cool the beans in cold running water, hull them, and pack in containers. Seal containers and take to locker for freezing or place in home freezing unit immediately.
Cooking frozen beans. Do not thaw frozen soybeans before cooking them. Put the frozen beans into boiling salted water and, after the water returns to boiling, cook them for 10 to 12 minutes. Use the least amount of water possible; ¾ cup for each pint of beans is enough. These beans may be used in the same ways as cooked fresh soybeans.

CANNING

Canning destroys the brilliant-green color of green soybeans and their crisp texture. The canned beans are quite soft and have a stronger flavor than the fresh beans. Beans selected for canning should therefore be young and of the vegetable type, preferably a variety that has small beans of mild flavor. The larger beans are not good, as they cause the canning liquid to become cloudy and the beans to form a thick jellied mass.

In order to retain their natural sweetness, soybeans to be canned should be processed immediately after they are picked. Even so, it is well to add a little sugar to help counteract the change in flavor that takes place in canning. To make hulling easier, pour boiling water over the soybeans and allow them to stand for 5 minutes. Drain the beans, cool, and shell.

Directions. Boil the shelled beans for 3 or 4 minutes and pack while hot into jars. Add ¾ to 1 teaspoon of sugar and ½ teaspoon of salt to each pint and cover the beans with boiling water. (The water used for precooking the beans may be used, but the flavor will be much stronger.) Put the containers in a pressure cooker. Process pint jars or No. 2 cans for 1 hour at 10 pounds pressure, and quart jars or No. 2½ or No. 3 cans for 1 hour and 10 minutes at this pressure.

Later, when opening cans for use, take the same precautions as with all low-acid home-canned vegetables: boil them for 10 minutes in an uncovered pan before tasting them.

DRYING

Drying is the least desirable way to preserve green soybeans. The beans retain their green color rather well but develop a strong grassy flavor.

Wash beans and blanch in pods by steaming for 7 or 8 minutes. Blanch only a small quantity at one time so that every pod will be exposed to the steam. Hull the beans and dry in an oven or in a dehydrator at 150° F. for first half of drying period. Hold at 145° during rest of drying time. The process will take 6 to 9 hours and the dried beans will be hard and wrinkled but still green.
As soon as the beans cool to room temperature, place them in air-tight jars or moisture-proof bags and seal completely. Store in a cool dry place protected from light. It is best to use containers that will hold the amount you want to cook at one time. Then you will not have to open a container repeatedly.

**Cooking the dried beans.** To prepare these dried green soybeans for the table, wash them and put them in boiling salted water, using 1 cup of beans to 2 1/2 cups of water and 3/4 teaspoon of salt. Soak beans in hot water for 30 minutes and then boil gently for 10 minutes. After they are drained and seasoned they are ready to serve.

**Dry Soybeans**

Soybeans left on the vine until mature and dry are harvested, shelled, and used like other dry beans. They can also be used in other ways: soybean pulp and milk or roasted or sprouted soybeans may be made from them. Light-colored varieties are more attractive when cooked than the dark or mottled ones.

Among the vegetable type varieties rated very good as dry beans are Hokkaido, Willomi, Jogun, Imperial, and Emperor. Illini, a field variety, is also suitable for table use.

**USING THE COOKED BEANS**

**Directions for cooking.** Overnight soaking is the first step in cooking dry soybeans. Use 3 cups of water to 1 cup of dry beans. (While they are soaking and cooking, the beans increase in size about 2 1/2 to 3 times.) In the morning drain the beans and cook them either in a pan or in a pressure saucepan.

**Boiling.** Use 6 cups of fresh water with 2 teaspoons of salt in it for the above mentioned amount of soaked and drained beans. Cook for 1 1/2 to 2 hours.

**Pressure saucepan cooking.** Use 1 1/2 cups of fresh water with 2 teaspoons of salt in it. Cook for 20 minutes at 15 pounds pressure.

Season the cooked beans with butter or meat, and serve; or use them in main dishes as you would navy or lima beans.

**Baked soybeans**

| 3 cups cooked soybeans | 3 tablespoons molasses |
| 3/8 teaspoon mustard | 1/2 cup boiling water |
| 1 teaspoon salt | 1/2 cup chili sauce |
| 1/8 teaspoon pepper | 1/4 pound diced salt pork |
In a baking dish combine all ingredients thoroughly except the salt pork. Cook salt pork in a frying pan until delicately browned. Add melted fat to beans and place diced salt pork on top. Bake in a moderate oven (350°F) for 1 1/4 to 2 hours.

**Soybean chili**

- 3 cups cooked soybeans
- 1 pound ground beef or pork
- 1 small onion, chopped
- 2 cups tomato puree
- 1 teaspoon salt
- 1 tablespoon chili powder
- 1 cup cooking water from soybeans

Dry beans thoroughly on a towel. Brown meat and onion. Remove from skillet and brown beans in fat from the meat. Add all ingredients and simmer slowly for 45 minutes.

**Soybean savory scallop**

- 1 cup diced celery
- 2 tablespoons chopped onion
- 2 tablespoons diced green pepper
- 1 1/2 cups tomato pulp
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups cooked soybeans
- 1/2 cup liquid (cooking water from celery)
- 1/4 cup catsup
- 3 tablespoons butter or other fat
- 1/2 cup dry bread crumbs

Cook celery until tender in 1/2 cup water to which 1/4 teaspoon salt has been added. Combine cooked, drained celery with onion, pepper, tomato pulp, and seasonings. Place soybeans and vegetable mixture in a baking dish in alternate layers. Combine liquid and catsup thoroughly and pour over mixture. Cover with buttered crumbs. Bake in a moderate oven (350°F) for about 1 hour.

**Soybean tomato aspic**

- 2 1/2 teaspoons gelatin
- 1 1/2 cups tomato juice
- 1/4 teaspoon salt
- pepper
- 1 slice onion
- 1 teaspoon celery seed
- 1 tablespoon chopped parsley
- 1 cup cooked soybeans
- 1/2 cup chopped celery

Soak gelatin in 1/2 cup tomato juice. Heat remaining cup of tomato juice with seasoning, onion, celery, and parsley. Simmer 5 minutes. Strain and add to soaked gelatin. Stir until dissolved. When slightly cool, add cooked soybeans and chopped celery. Chill until firm.

An aspic may also be prepared from commercial salad aspic gelatin, using tomato juice to dissolve the gelatin and adding the soybeans and celery as usual.
Macaroni soybean loaf

6 to 8 servings

4 tablespoons fat
4 tablespoons flour
2 cups milk
1 cup grated cheese
3 cups cooked soybeans

1 cup cooked elbow macaroni
1 tablespoon chopped onion
½ teaspoon salt
pepper

Combine fat, flour, and milk to make a white sauce. Add cheese and stir until melted. Combine other ingredients and place in a casserole. Cover with cheese sauce. Bake in a moderate oven (350° F.) for about 40 minutes.

Soybean sandwich filling

4 large sandwiches

1 cup chopped cooked soybeans
¼ cup chopped olives or pickles

1 teaspoon chopped green onion
¼ teaspoon salt
2 tablespoons mayonnaise

Blend ingredients to consistency for spreading. Serve sandwiches plain or toasted.

USING SOYBEAN PULP

Recipes in which soybeans are used often call for soybean pulp. This pulp is made simply by passing cooked dry beans through a meat grinder. One cup of cooked beans will make about 1½ cups of lightly packed pulp. Following are four recipes calling for this pulp.

Stuffed tomatoes

8 or 9 servings

8 or 9 large tomatoes
1 teaspoon salt
2 cups soybean pulp
½ cup diced celery (cooked in ¼ cup water)

1 teaspoon minced onion
½ teaspoon minced green pepper
buttered bread crumbs

Remove pulp from center of large tomatoes. Sprinkle inside with salt. Fill with mixture of pulp, celery, onion, and green pepper. Cover tops with buttered crumbs. Place in greased pan and bake in a hot oven (410° F.) for 25 to 30 minutes or until tomatoes are soft.

Stuffed peppers

8 or 9 servings

8 or 9 green peppers
1 teaspoon salt
2 cups soybean pulp
½ cup diced celery (cooked in ¼ cup water)

½ cup or more tomatoes
1 teaspoon minced onion
buttered bread crumbs
Remove seeds and inner partitions from green peppers. Parboil peppers for 3 minutes in salted water. Sprinkle inside with salt. Fill with mixture of bean pulp, celery, tomatoes, and onion. Cover tops with buttered crumbs. Place in greased pan and bake in a hot oven (410°F.) for 25 to 30 minutes or until the peppers are soft.

**Baked soybean croquettes**

<table>
<thead>
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<th>10 to 12 croquettes</th>
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<tr>
<td>2 tablespoons minced onion</td>
<td>1 cup soybean pulp</td>
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<tr>
<td>1 1/2 cups diced celery</td>
<td>3 cups soybean pulp</td>
</tr>
<tr>
<td>1 1/2 teaspoons salt</td>
<td>corn flakes</td>
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<tr>
<td>1 cup tomato puree</td>
<td>1 egg, well beaten</td>
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<td>5 tablespoons flour</td>
<td>2 tablespoons milk</td>
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Add minced onion, celery (tough celery should be parboiled), and salt to tomato puree and bring to a boil. Mix flour and fat together, and add the boiling tomato puree mixture slowly. Cook to a thick paste. Cool and add soybean pulp. Shape into croquettes. Roll in corn flakes, then in beaten egg to which milk has been added, and again in corn flakes. Place on a greased baking sheet and bake in a hot oven (410°F.) for 20 to 30 minutes.

**Puree of soybean soup**

<table>
<thead>
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<tr>
<td>1 cup soybean pulp</td>
<td>2 1/2 cups milk</td>
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<tr>
<td>1 tablespoon finely chopped celery leaves</td>
<td>1 tablespoon flour</td>
</tr>
<tr>
<td>2 tablespoons chopped onion</td>
<td>1 teaspoon salt</td>
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<tr>
<td>1 cup meat stock</td>
<td>1/8 teaspoon pepper</td>
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Combine soybean pulp with celery, onion, and meat stock, and simmer slowly until the vegetables are tender. Then mix milk with dry ingredients and add to the cooked mixture. Heat and serve with crackers or toast.

**ROASTING SOYBEANS**

Soak dry soybeans overnight, drain, and dry between towels. Fry beans, a few at a time, in hot, deep fat (350°F.) for 5 to 8 minutes. Vary time with size of beans. When beans are slightly brown and crisp, drain and salt. Use like salted peanuts.

The above method gives best results, but the following way is easier: Roll the soaked, drained, and dried beans in melted fat. Spread in a shallow pan and roast in a moderate oven (350°F.), stirring frequently until browned. Sprinkle beans with salt while they are still warm. They are then ready for use.
MAKING AND USING SOYBEAN MILK

Soybean milk is especially useful in the diets of people who are allergic to cow’s milk. It looks like cow’s milk but is different in composition and has its own flavor.

The term “soybean milk” is applied to various preparations, but here it means simply a water extract of dry beans. This extract contains salts, sugars, protein, and some of the fat of the beans.

Extracting the milk. Wash 1 pound of the dry beans and soak them in 2 quarts of water in a cool place overnight. Drain the beans and grind in a food grinder, using the finest attachment. Put the ground beans in a cheesecloth bag and place in a pan containing 2 quarts of lukewarm water. Work pulp thoroughly with the hands for 10 minutes. Then wring the bag and pulp dry and remove from liquid. The liquid is the soybean milk. Boil this for 15 minutes, stirring often.

Remember that soybean milk must be stored in a cool place.

Asparagus loaf
4 servings

1 egg
1 cup soybean milk
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) cup bread crumbs

1 tablespoon melted fat
1 teaspoon minced onion
2 cups canned or cooked asparagus

Beat egg slightly; add heated milk gradually and mix. Add salt, bread crumbs, melted fat, and onion; allow to stand until crumbs, have absorbed part of the liquid. Fold asparagus into the mixture carefully. Pour into a greased loaf pan and bake in a moderate oven (350° F.) for 30 minutes.

Bacon cornbread
8 servings

1 cup flour
\( \frac{3}{4} \) cup yellow cornmeal
3 teaspoons baking powder
2 teaspoons sugar

\( \frac{1}{4} \) teaspoon salt
\( \frac{3}{4} \) cup soybean milk
2 eggs, beaten
3 strips of bacon

Mix dry ingredients. Stir milk and beaten eggs into dry ingredients and mix thoroughly. Pour into greased baking dish and sprinkle top of batter with small pieces of bacon. Bake for 20 minutes in a moderate oven (350° F.), then put under broiler flame until bacon is brown and crisp.

Spiced milk
1 serving

1 cup soybean milk
\( \frac{1}{4} \) teaspoon ginger
\( \frac{1}{4} \) teaspoon nutmeg
2 teaspoons sugar
\( \frac{1}{4} \) teaspoon salt

Add dry ingredients to milk and mix well. Chill before serving.
Cocoa

1 1/2 tablespoons cocoa
2 tablespoons sugar
1/8 teaspoon salt
2 cups soybean milk

Mix cocoa, sugar, and salt; then add small amount of milk and boil mixture for 2 minutes. Add rest of milk and heat to desired temperature.

Boiled custard

2 cups soybean milk
1/4 cup sugar
1/8 teaspoon vanilla

Heat milk, sugar, and salt in a double boiler. Stir in beaten eggs and heat until mixture coats a spoon. Cool and add vanilla.

Creamy rice with raisins

1/2 cup rice
2 cups soybean milk
1/2 teaspoon salt
1 1/2 tablespoons sugar
1/4 cup raisins

Wash rice thoroughly and soak overnight. Add milk, salt, sugar, and raisins. Put in a buttered baking dish and bake 2 to 3 hours in a slow oven (300° F.). Stir occasionally.

Oatmeal pudding

1 cup soybean milk
1/4 cup oatmeal
1/2 teaspoon salt
1/2 cup brown sugar
1/2 teaspoon cinnamon
1/4 cup chopped apple

Heat milk to boiling and add oatmeal slowly with constant stirring. Then add sugar mixed with cinnamon, and, finally, the chopped apple. Boil until thick. Serve with boiled custard.

MAKING AND USING SOYBEAN CURD

Soybean curd can be used as cheese or can be blended in various hot dishes. It looks like cream cheese but has a stronger flavor. It can be prepared from soybean milk either by adding acid to the milk or by fermenting the milk.

Making curd with acid. Heat soybean milk to 180° F., add 1 cup of vinegar to 2 quarts of milk, and stir the mixture well. Let stand for a few minutes, then put into a cheesecloth bag. Dip into cold water several times to wash away the excess acid. Drain for about an hour and press out rest of liquid. Season curd with salt and pack tightly into a dampened mold. Cover and store in a cold place until firm enough to cut.
**Fermentation method.** Keep soybean milk in a warm place overnight or until it forms a curd. Break the curd by stirring, and add an equal quantity of water heated almost to boiling. Allow mixture to stand for 10 minutes, then pour it into a cheesecloth bag and drain. Press out rest of liquid and season the curd. Pack and store as directed above.

**Luncheon dish.** Cut soybean curd into 1/2-inch slices. Sauté slices in butter until they are crisp and a delicate brown. Serve with Spanish sauce.

This combination, served with a green vegetable such as peas or beans and a crisp salad, makes an excellent luncheon dish.

**Sandwiches.** Sauté the soybean curd as directed above. Arrange a slice on a plate, place a slice of tomato and two slices of crisp bacon on top. Cover with another slice of sautéed curd. Sprinkle with grated cheddar cheese. Serve as a main dish for luncheon or supper.

**SOY SPROUTS**

Dry soybeans can be sprouted and the beans and sprouts used in a number of tasty dishes. Any variety that germinates readily can be used, but field varieties have certain advantages. The beans, being smaller, produce the best sprouts; also since they germinate more readily they are less likely to spoil.

Some people prefer the black beans as the sprouts seem to be more tender. Others prefer the crispness of the lighter varieties and do not like the appearance of the dark seed coat.

Chief, Ebony, Illini, Lincoln, and Richland varieties are good for sprouting, though seed of Ebony may be hard to find. Lincoln soybeans seem to do especially well, producing long, attractive sprouts.

**Containers for sprouting beans.** You can sprout soybeans in any container that has proper drainage, keeps the beans moist, and can be thoroughly cleaned. Earthenware crocks with drainage holes in or near the bottom can be used, as can also glass jars covered with cheesecloth, then turned over and put in a slanting position to drain. Glazed flower pots are satisfactory, or cheesecloth bags in covered pans, or steamers.

**Directions for sprouting.** Use only beans of the current season's crop. Discard all split or discolored beans. Wash thoroughly and soak overnight, using 3 cups of water for each cup of dry beans. Next day place beans in the container where they are to be sprouted. Three-fourths to 1 cup of soaked beans is enough for a quart container, as the sprouts must have room to grow.

Keep the container in a dark place and wash the beans thoroughly
four times each day, being careful not to injure the sprouts. Washing helps to keep mold from forming.

If the weather on the first day seems likely to cause mold, add $\frac{1}{2}$ teaspoon of chlorinated lime to a gallon of water and use this water for the last washing on that day.

Let the sprouts grow until they are 1 to 2 inches long (usually 4 to 6 days), but watch them and use them before they start to develop rootlets.

**Care and use.** Sprouted beans must be treated as a fresh vegetable. Store them in the refrigerator after they are ready for use, and use them as soon as possible.

Although sprouted beans can be eaten raw, most people prefer them cooked. The beans and sprouts are cooked and served together. Place beans and sprouts in a covered pan with a small amount of salted water and boil for 10 to 12 minutes. Serve as a vegetable with butter, or include in chop suey, in a casserole or stew, or sauté them.

If you want the sprouts for salad, cook them only 5 minutes in order to keep them crisp, then chill them. They can be used in many kinds of salad, but are especially attractive in a tossed vegetable salad.

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**MORE RECIPES — USING SOYBEAN PRODUCTS**

A companion circular telling how to use soybean flour, grits, flakes, and soybean oil will be sent on request. Recipes include cookies, cakes, nut bread, pastry, biscuits, muffins, griddle cakes and waffles, yeast bread and rolls, apple crisp, cheese soufflé, cream soup, salmon loaf, spoon bread, tomato timbale, fried soy mush, and salad dressings.

Make sure first, however, that your grocer carries these soybean products or will get them for you. Dietetic supply houses and specialty food shops are likely to have them. Soy flour costs slightly more per pound than wheat flour but it also has a higher nutritive value.

If you are interested in having a copy of the companion circular, address a card to College of Agriculture, Urbana, Illinois, and ask for Soybean Circular 664.

(Circular 664 also contains recipes that can be used in the diets of those who are allergic to wheat flour and in diabetic diets.)
VARIETIES FOR THE TABLE

There are many hundreds, if not thousands, of varieties of soybeans differing in appearance, color, texture, flavor, and chemical make-up; but they can all be classified into two types: those best suited for human food are called vegetable types; those used for processing and for forage for livestock are known as field types.

The vegetable types are usually larger than the field types, have a mild nutty flavor rather than a raw-bean taste, and cook more easily. Ten of the 11 varieties listed below are among those widely known for their excellent table qualities. Although Giant Green is not so tasty as the others, it is included because it matures early.


**Fuji, **Hokkaido, Bansei.** Early. Fuji, Aug. 31-Sept. 4. Hokkaido, Aug. 31-Sept. 16. Bansei, Aug. 25-31.


Varieties marked with double asterisk (**) are especially good. Illini is really a field variety but is suitable for the table. (Ratings are based on tests reported in Illinois Station Bulletin 443.)