



Soybean Soufflé

by *BHHEC Kitchen*

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- 1 cup soy beans, soak overnight
- ¼ cup onion chopped
- ¾ tsp. salt
- 2 cups hot water
- 1 Tbsp. nutritional yeast
- ¼ cup sliced olives, celery, peppers, etc. (opt)

1. Blend all ingredients in blender until well blended.
2. Pour into sprayed baking dish. (9 x 13)
3. Bake about 45 minutes at 350F.

Serve hot over toast or when cold use as a sandwich filling mixed with mayo, onion, olives and dill pickle.