

SOY CURLS

Serving Size: 12 2 oz Servings

- 2 ½ cup water.
- 1 cup or ½ med onion chopped.
- ¼ cup walnut pieces.
- 1 Tbsp miso.
- 3 Tbsp liquid amino.
- 8 oz dry soy curls.
- 1 clove (=1 Tbsp) minced garlic.
- 1 green onion chopped.
- 1 tsp sesame oil.
- 1 Tbsp ground sesame seed.



1. Make the soup first by boiling water in a medium size pot with onion, miso, liquid amino, and walnut pieces. Cook until the onion is soft. Turn down the heat to low.
2. Put dry soy curls into the hot soup and mix, so the soy curls will absorb the moisture from the soup and get rehydrated. This process should take a few minutes for thorough rehydration.
3. Push aside the soy curls to make a small clearing on the bottom of the pot. Put the garlic and green onion there, turn the heat up to medium and stir cook. When the green onion wilts add the oils and mix with the soy curls. Turn off the heat.

Serve warm or use in salads or other cold dishes. If walnut is not used, the soy curl color will remain light resembling chicken meat.

Nutrition Analysis / Serving	
Calories: 89 kcal	Protein: 7 gm
Fat: 5.6 gm	Sodium: 231 mg
Carbohydrate: 5.5 gm	Fiber: 2.4 gm