

# UC-VEG

## Umpqua Community Veg Education Group

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### Soy Curls

#### Ingredients:

- 2 and 1/3 cup water
- 1 cup or 1/2 med onion, chopped
- 1/4 cup walnut pieces
- 1 tbsp miso
- 3 tbsp liquid aminos
- 8 oz dry soy curls
- 1 clove(=1 tbsp) minced garlic
- 1 green onion, chopped
- 1 tbsp sesame oil
- 1 tbsp ground sesame seed

Serving size: 12 2 oz servings

Make 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 heat to low.

Put dry soy curls into the hot soup and mix, so the soy curls will absorb the moisture from the soup and get rehydrated.

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 to 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 cold dishes. If walnut is not used, the soy curls color will remain light resembling chicken meat.

**Nutritional analysis:** calories 89, protein 7 g, fat 5.6 g, sodium 231mg, carbs 5.5 g, fiber 2.4 g