

The SOY of Cooking!



Quick and Easy Spicy Edamame

Makes 3 servings

Ingredients:

- 10-12 ounce bag frozen shelled edamame
- 2 tablespoons garlic chili oil
- 3 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon sugar or honey
- ¼ teaspoon minced ginger
- ¼ cup water

Directions:

1. Microwave or steam edamame for 5 minutes.
2. Heat oil in small skillet over medium-high heat. Add edamame and toss to coat with oil.
3. Add minced garlic, soy sauce, rice vinegar, sugar, and ginger. Stir to combine. Cook for a few minutes until garlic lightly browned.
4. Add ¼ cup water, stirring constantly.
5. Remove skillet from heat and continue to toss for a couple of minutes while cooling.

Recipe from B&B Legacy Farms.

Soylicious Chocolate Mousse

Makes 10 servings

Ingredients:

- 2 cups semi-sweet chocolate chips
- 2 cups whole soy milk
- 2, 14-ounce cubes firm tofu
- 2 teaspoons vanilla extract
- 30 raspberries (or other berries)

Directions:

1. Melt chocolate chips in a bowl in the microwave, stirring every 30 seconds.
2. Combine tofu, soy milk, vanilla and chocolate in a food processor. Blend until smooth with a uniform color.
3. Spoon into individual serving dishes. Chill for at least 3 hours. Top with berries before serving.

Recipe from B&B Legacy Farms.

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Banana Soy Smoothie

Makes 1 serving

Ingredients:

- 1 frozen ripe banana (broken into chunks)
- 1 cup light soy milk
- 1 teaspoon honey
- ¼ teaspoon vanilla extract

Directions:

1. Put all ingredients into a blender and blend until smooth.
2. Optional: Experiment with other ingredients such as cocoa powder, cinnamon, nutmeg, or peanut butter in addition to other fruits.

Recipe from B&B Legacy Farms.



BBQ Soybeans

Makes 10 servings

Ingredients:

- 5 cups cooked whole soybeans
- ¾ cup chopped onion
- ½ cup chopped green pepper
- 1 clove garlic, minced
- 1 tablespoon cooking oil
- 1 ¾ cups barbecue sauce

Directions:

1. Soak soybeans for 6-8 hours.
2. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture.
3. Heat cooking oil in a medium pot over medium heat. Add onion and peppers. Saute 3-4 minutes.
4. Add minced garlic and turn off the burner. Stir garlic into the hot onions and peppers for 2-3 minutes until garlic cooked slightly.
5. Add drained, cooked soybeans to the pot with the onion mixture. Add your favorite barbecue sauce. Simmer over low heat for 20 minutes, stirring occasionally.
6. Optional: For a thicker sauce, spray a casserole dish with nonstick cooking spray. Add beans and bake for 10-15 minutes in a 350 degree oven.

Recipe from B&B Legacy Farms.

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Cajun Style Soybeans and Rice

Makes 10 servings

Ingredients:

- 2 tablespoons cooking oil
- 1 cup chopped green bell peppers
- 1 cup chopped red bell peppers
- ½ cup chopped yellow bell peppers
- 2 cups chopped onions
- 1 pound sliced smoked sausage
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 3 cups cooked rice
- 7-10 cups chicken broth
- 3 cups cooked yellow soybeans
- 3 cups cooked black soybeans
- ¼ cup chopped fresh parsley
- 3 green onions, chopped

Spice mix:

- 3 bay leaves
- 2 teaspoons dry mustard
- 2 teaspoons salt
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon cayenne pepper
- ¼ teaspoon black pepper

Directions:

1. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
2. Soak soybeans for 6-8 hours.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture.
3. Heat oil in a large pot on medium-high heat. Add onions, peppers and smoked sausage. Cook stirring frequently for about 6 minutes.
4. Add diced garlic and ginger and cook for another minute. Add spice mix and stir well.
5. Add chicken broth and soybeans, stirring well until mixture begins to boil.
6. Reduce heat to low, cover and simmer for about 2 hours.
7. When finished cooking, remove from heat. Add parsley and green onions. Serve over hot cooked rice.

Recipe from B&B Legacy Farms.

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Southern Soy Hummus

Makes 8 servings

Ingredients:

- 2 cups overcooked yellow soybeans
- ½ teaspoon baking soda
- ¼ cup lemon juice
- 2-3 cloves garlic, chopped
- ½ teaspoon salt
- ½ to 1 cup tahini (to your taste)
- 2-4 tablespoons ice water
- 1 teaspoon ground cumin
- 2 tablespoons olive oil

Directions:

1. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
2. Soak soybeans for 6-8 hours.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture. Place cooked soybeans in a pot of hot water on the stove and bring to a boil.
3. Stir, reduce heat to low and let set on the stove until ready to use. This is the trick to an extra smooth and fluffy hummus!
4. In a food processor, combine the lemon juice, garlic and salt. Process several minutes until garlic is very finely chopped. Let this rest for 15 minutes to allow the flavors to blend.
5. Add tahini to the lemon mixture and blend until thick and a creamy light yellow. Stop to scrape the sides as needed during processing.
6. While running the food processor, drizzle in 2 tablespoons of ice water. Blend until the mixture is ultra-smooth, pale, and creamy.
7. Strain the soybeans and rinse with cool water. Add the soybeans and cumin to the food processor. While blending, gradually drizzle the olive oil into the processor.
8. Blend for 5 minutes, stopping to scrape down the sides as needed.
9. Taste and adjust for flavor. You can add a little more salt, lemon juice, cumin or add some cayenne for more flavor.
10. Serve with pita, crackers, or fresh veggies and store extra in the refrigerator.

Recipe from B&B Legacy Farms.

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Soy Trail Mix

In a large bowl combine $\frac{1}{2}$ cup each of your choice of the following:

- Roasted soy nuts
- Roasted edamame
- Dried cranberries or raisins
- Other dried fruit, chopped as needed
- Pistachios
- Mixed nuts
- Sunflower seeds
- Pumpkin seeds
- Chocolate chips

Recipe from B&B Legacy Farms.

Soylicious Cowboy Caviar

Makes 11 servings

Ingredients:

- $\frac{1}{2}$ cup olive oil
- $\frac{1}{3}$ cup red wine vinegar
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon cumin
- 1 $\frac{1}{2}$ cups cooked black soybeans
- 1 $\frac{1}{2}$ cups small yellow soybeans
- $\frac{1}{2}$ cup diced tomatoes (or 1, 14.5 ounce can chopped tomatoes, drained)
- $\frac{1}{2}$ cup corn
- $\frac{1}{2}$ cup finely chopped red onion
- 1 cup chopped bell peppers
- 2-3 green onions, chopped
- 1 jalapeno pepper, seeded and finely chopped
- Cilantro, chopped (to taste)

Directions:

1. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
2. Soak soybeans for 6-8 hours.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture.
3. Prepare vinaigrette by combining oil, vinegar, minced garlic, salt, pepper and cumin in a small jar with a lid. With the lid secured on the jar, shake the dressing until well-mixed. Set aside.
4. In a large bowl, combine soybeans, tomatoes, corn, onions, and peppers.
5. Pour the dressing over the vegetables and toss lightly. Add cilantro immediately before serving.
6. For best flavors, cover and refrigerate for at least 6 hours.

Recipe from B&B Legacy Farms.

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Edamame and Fried Brown Rice

Makes 5 servings

Ingredients:

- 3 cups cooked brown rice (best if cooked the day before and then refrigerated)
- 1 cup shelled edamame, cooked or steamed
- 2 tablespoons cooking oil
- ¼ cup diced onion
- ½ cup chopped green onion
- 3 cloves garlic, minced
- 1 medium carrot, diced
- 1 egg, beaten
- 1 ½ tablespoons soy sauce
- Black pepper to taste

Directions:

1. Heat a large skillet over medium heat. Add oil and swirl around the skillet to cover the surface.
2. Add onion, carrots and garlic. Saute until soft, stirring frequently, for about 2 minutes.
3. Push the cooked veggies to the side of the skillet and add the brown rice to the center. Let the rice cook in the oil for about 30-40 seconds before stirring to allow the rice to fry a bit in the oil. Repeat, stirring the rice frequently until it is heated throughout.
4. Stir cooked edamame into rice along with the vegetables in the skillet.
5. Push rice mixture to the side of the skillet and add beaten egg to the center of the pan. Stir egg until fully cooked. Blend into rice mixture.
6. Add soy sauce and black pepper; stir well.

Note: You can add cooked shrimp, chopped pork, chicken or beef to the fried rice if desired.

Recipe from B&B Legacy Farms, <https://www.bandblegacyfarms.com/soy-kitchen>

Cinnamon Soynuts

Makes 8 servings

Ingredients:

- 1 egg white, slightly beaten
- 2 cups soynuts
- ½ cup sugar
- 2 teaspoons ground cinnamon

Directions:

1. Mix egg white and soynuts in medium bowl until nuts are coated and sticky. Combine sugar and cinnamon; sprinkle over nuts and stir until thoroughly coated. Spread nuts in single layer in a greased jelly roll pan.
2. Bake at 300 degrees about 30 minutes or until toasted. Store tightly covered.

Recipe From Kansas Soybean Commission

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Beef and Veggie Stir Fry

Makes 4 servings

Ingredients:

- 1 pound sirloin steak, boneless chicken breast or pork steak, thinly sliced
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 3 cups broccoli florets
- 1 cup edamame
- 1 bell pepper red or green, sliced into 2 inch pieces
- 1 cup onion slices
- 2 teaspoons cornstarch
- 1 teaspoon chicken instant bouillon
- ¼ teaspoon ginger
- ½ cup water

Directions:

1. Stir-fry meat in large skillet in oil and garlic until meat is no longer pink. Add vegetables and continue cooking until vegetables are crisp-tender.
2. In small bowl, combine cornstarch, instant bouillon, ginger and water. Add to vegetable and meat mixture. Cook and stir until thickened and bubbly.



Recipe from Kansas Soybean Commission

Ranch Wrap

Makes 6 wraps

Ingredients:

- ½ cup soft silken tofu
- ½ cup low-fat ranch dressing
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 6 whole wheat tortillas
- ¾ cup finely shredded cheese
- 6 slices cooked turkey or 2 cups chopped chicken
- 18 slices cucumber
- 2 tomatoes, sliced into thin wedges
- 1 avocado, peeled and sliced (optional)

Directions:

1. Blend tofu and ranch dressing until smooth. Add onion and garlic powders.
2. Spread mixture onto tortilla; sprinkle with cheese. Place turkey, cucumber, avocado and tomato on tortilla.
3. Roll up and cut in half before serving.



Recipe from Kansas Soybean Commission

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Slow Cooker Taco Bake

Makes 6-8 servings

Ingredients:

- 1 pound ground beef
- ½ cup chopped onion
- 1 package (1.25 oz.) taco seasoning mix
- 1 cup hot water
- 2 cups cooked black soybeans
- 1 can (14.5 oz.) diced tomatoes
- 1 can (8 oz.) tomato sauce
- 1 can (4 oz.) mild chopped green chiles
- 1 box (8 oz.) uncooked shell pasta
- 1 cup frozen corn
- 1 cup shredded cheddar cheese

Directions:

1. Soak soybeans for 6-8 hours.
2. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture. Cook ground beef and onion in skillet until beef is thoroughly cooked; drain and set aside.
3. Add the taco seasoning and hot water to the slow cooker and stir to blend.
4. Add to the slow cooker: black soybeans, diced tomatoes, tomato sauce, green chilies, pasta and ground beef mixture; gently stir.
5. Cover and cook on low for 4 hours.
6. Sprinkle cheddar cheese over the top during the last 30 minutes of cooking.

Recipe from Kansas Soybean Commission

Pumpkin Spice Tofu Pudding

Makes 4 servings

Ingredients:

- 2 cups pumpkin puree
- 16 oz. silken tofu
- ⅓ cup maple syrup
- 2 teaspoons pumpkin pie spice
- 3 tablespoons peanut butter
- ⅓ cup unsweetened soymilk
- Optional for serving: whipped cream, cinnamon, nutmeg

Directions:

1. Place all ingredients in a food processor and blend until smooth, about 60 seconds.
2. Distribute into bowls for serving and top with whipped cream and cinnamon or nutmeg, if using.

Recipe from U.S. Soy

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Tofu Noodle Bowl

Makes 4 servings

Ingredients:

- 7 ounces firm tofu, pressed and cut into cubes
- 8 ounces uncooked buckwheat noodles or spaghetti
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1 tablespoon lime juice
- 1 teaspoon grated ginger
- 1 clove garlic, minced
- 1 red bell pepper, thinly sliced
- 2 carrots, diced or shredded
- Green onions and sesame seeds for garnish, if desired

Directions:

1. Cook the noodles according to package instructions, then drain and set aside.
2. In a small bowl, whisk together sesame oil, soy sauce, peanut butter, honey, lime juice, ginger, and garlic to create the sauce.
3. In a pan, heat some oil over medium heat and fry the tofu cubes until golden brown.
4. Add the bell pepper and carrot to the pan and stir-fry for a few minutes.
5. Add the cooked noodles and peanut sauce to the pan. Toss everything together until well combined and heated through.
6. Serve garnished with green onions and sesame seeds.

Recipe from U.S. Soy

Soylicious Chipotle Bean Dip

Makes 6 servings

Ingredients:

- 1 ½ cups cooked black soybeans
- ¼ cup chopped onion
- 1 tablespoon lemon juice
- 1 tablespoon chopped canned chipotle peppers in adobo sauce (more if you like it spicier)
- 1 teaspoon of the adobo sauce from the canned peppers
- 2 garlic cloves, chopped
- 1 tablespoon chopped cilantro
- Salt to taste

Directions:

1. Soak soybeans for 6-8 hours.
2. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture.
3. Place cooked soybeans in a pot of hot water on the stove and bring to a boil. Stir, reduce heat to low and let set on the stove until ready to use. This is the trick to an extra smooth and fluffy hummus!
4. Add the soybeans, onion, lemon juice, peppers, adobo sauce, and garlic to a small food processor and blend until you have the desired consistency (more for a smooth dip or less for a chunky dip).
5. Add chopped cilantro and salt; mix well.

Recipe from B&B Legacy Farms.

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Soylicious Cream Cheese

Ingredients:

- 14.5 ounces extra firm tofu
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 tablespoons tahini
- ½ teaspoon salt

Directions:

1. Drain tofu in a strainer. Wrap tofu in several paper towels and squeeze the excess water out.
2. Break the tofu into chunks and place a food processor. Add remaining ingredients and blend for 5 minutes until the mixture is exceptionally smooth.
3. Chill in the refrigerator for 2 hours before serving.

Recipe from B&B Legacy Farms.

Soylicious BBQ Jalapeno Poppers

Makes 9 servings

Ingredients:

- 9 medium jalapeno peppers
- 4 ounces soy cream cheese (see recipe above to make it yourself)
- ¼ cup cheddar cheese, shredded
- 1 green onion, chopped
- 5-6 slices bacon or turkey bacon, cut in half
- ⅔ cup barbecue sauce
- Toothpicks

Directions:

1. Preheat oven to 275 degrees. Spray baking sheet with nonstick cooking spray.
2. In a small bowl, mix soy cream cheese, cheddar cheese, and green onions.
3. Slice jalapenos in half lengthwise (cutting the stem in half, if possible so each popper has a stem). Using a spoon, scrape out all seeds and white membranes.
4. Fill each hollow jalapeno pepper with the cheese mixture. Wrap each pepper with a slice of bacon and secure in place with one or two toothpicks. Place on the baking sheet.
5. Top each pepper with about 1 teaspoon of barbecue sauce.
6. Put baking sheet in oven and cook for 1 hour.
7. Alternatively, these can be cooked in an air fryer at 370 degrees for 10-12 minutes.

Recipe from B&B Legacy Farms.

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4th of July Freezer Pie

Makes 8 servings

Ingredients:

- 1 (9-inch) prepared graham cracker pie crust
- 1 (14 ounce) can sweetened condensed milk
- 8 ounces soy cream cheese (see recipe on the front to make your own)
- ½ cup lemon juice
- 1 teaspoon vanilla extract
- 1 cup fresh blueberries
- 5-6 sliced fresh strawberries
- Whipped topping (optional)

Directions:

1. In a bowl, blend soy cream cheese and sweetened condensed milk with a hand mixer until smooth.
2. Add lemon juice and vanilla; mix well.
3. Pour the cream cheese mixture into the prepared graham cracker crust. Top with berries.
4. Cover the pie and put in the freezer for at least 4 hours.
5. Set pie out to thaw for 15-30 minutes before serving

Recipe from B&B Legacy Farms.

Soylicious Light Spinach Dip

Makes about 12 servings

Ingredients:

- 10 ounce package frozen spinach, thawed and squeezed dry
- 1 cup soy cream cheese (see recipe to make it yourself)
- 1 cup light mayonnaise
- 1 envelope vegetable soup seasoning mix
- 3 green onions, chopped

Directions:

1. In a medium bowl, combine soy cream cheese and mayonnaise. Mix well. Add envelope of vegetable soup mix, chopped spinach and green onions. Stir well.
2. Chill for at least 4 hours before serving with your favorite vegetables or crackers.

Recipe from B&B Legacy Farms

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Curried Rice Salad with Soybean

Makes 12 cups

Ingredients:

- 1 cup whole wheat kernels (or wheat berries)
- 2 cups brown rice
- 1 cup soybeans
- 1 teaspoon salt
- 1 ½ cups Parmesan cheese, grated
- 2 onions, chopped
- 4 stalks celery, chopped

Dressing:

- ¼ cup cooking oil
- 1 tablespoon (or more) curry powder
- ½ cup apple cider vinegar
- 2 tablespoons lemon juice
- 2 tablespoons honey
- ¾ to 1 cup raisins

Directions:

1. Cook soybeans in a pressure cooker, in a slow cooker, or on the stovetop.
2. Soak soybeans for 6-8 hours.
 - **In a pressure cooker:** Combine 2 cups soaked soybeans with 4 cups of water. Add 1 tablespoon of oil. Set pressure cooking time for 5 minutes.
 - **On the stove top:** Put 2 cups soaked soybeans in a large pot with water. Bring to a boil. Skim off foam that rises to the surface. Boil for about 10 minutes, then reduce heat to low and cover loosely with a lid. Continue cooking on low 5-6 hours, stirring occasionally to prevent beans from sticking to the bottom of the pot.
 - **In a slow cooker:** Place 2 cups soaked soybeans in slow cooker and cover with 8 cups water and 1 tablespoon oil. Cook on high for 8 hours or until soybeans are the desired texture. Place cooked soybeans in a pot of hot water on the stove and bring to a boil.
3. Cook the wheat berries and rice according to package directions.
4. When the wheat berries are done, stir into it ½ teaspoon of salt and ⅔ cup of grated cheese until cheese melts.
5. Stir remaining ½ teaspoon of salt and ⅔ cup of cheese into the hot cooked rice.
6. Chill the wheatberries and rice in the refrigerator.
7. Prepare the dressing: Heat the oil in a small saucepan over medium low heat. Stir in the curry powder and let it cook for about 1 minute. Stir in the vinegar, lemon juice, honey, and raisins. Simmer until raisins puff up, about 1 minute.
8. Chop the onion and celery.
9. In a big bowl, combine chilled rice, wheatberries, soybeans, chopped vegetables, and dressing. Stir to combine.
10. Chill until ready to serve.