**Great Plains Harvest Soup**

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Melt butter in a large saucepan over medium-high heat, add onion, carrot, celery, and leek. Saute 5 minutes. Add garlic, saute 3 minutes. Add stock, bay leaves, thyme, sage and wild rice. Bring to a boil and reduce heat to a simmer. Cook for 40 minutes. Add canned soybeans, edamame, salt, pepper, and cream. Cook 10 minutes or until heated through. Remove bay leaves. In a blender, combine MicroSoy Super Spuds with 2 cups of stock from the soup. Allow to sit for 2 minutes in the blender. The, blend until smooth. Add to soup. Bring to a simmer. Serve immediately. Sprinkle with chopped parsley.

**Yield:** 12 Cups. **Serving size:** 1 1/2 Cups

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**INGREDIENTS...**

- 4 tbsp butter
- 1 cup diced onion
- 3/4 cup diced carrot
- 1/2 cup diced celery
- 1/2 cup diced leek
- 2 garlic cloves, sliced
- 10 cups chicken stock
- 2 bay leaves
- 8 branches of fresh thyme
- 1 1/2 tsp fresh sage
- 1 cup cooked wild rice

- 1 (15 oz) can yellow or black soybeans
- 1 cup shelled edamame
- 1/4 tsp white pepper
- 1/2 tsp salt
- 1/2 cup half-and-half or light cream
- 1 (3.5 oz) package MicroSoy Super Spud or I.M. Healthy Instant Mashed Potatoes
- 2 tbsp chopped parsley

**Per serving:**
- Calories: 320
- Total fat: 13 g
- Saturated fat: 0.1 g
- Protein: 13.9 g
- Carbohydrate: 38.7 g
- Fiber: 4 g
- Cholesterol: 26 mg
- Iron: 1.4 mg
- Sodium: 1331 mg
- Calcium: 115 mg

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Recipes provided by... Nebraska Soybean Board

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