

Soy Foods On Hand

Soy foods are exceptionally versatile, provide ample amounts of protein, and are a source of minerals such as iron and calcium. Some soy foods will last for months in the pantry or refrigerator. Keep these soy foods stocked for easy access and last-minute needs.

In the Pantry



Soy milk: Unlike the plant milks in the refrigerator section of the grocery store, these shelf-stable varieties will keep in your pantry for as long as six months. Plain soy milk is a useful choice to have on hand for baking or to pour over cereal. Flavored soy milk makes a good addition to smoothies. Choose brands that are fortified with calcium and vitamin D for well-rounded nutrition.

Silken Tofu: With a shelf life of a year or more, this type of tofu usually has a soft, delicate texture that makes it perfect to blend into soups and cream sauces.



Textured Vegetable (Soy) Protein (TVP): Made from dehydrated soy flour, TVP is rich in protein and, if stored properly (in airtight bags away from light), it will last in the pantry for well over a year. It's easy to use, too. Just rehydrate with hot water or broth and add to spaghetti or sloppy joe sauce.

Roasted Soynuts: Crunchy soynuts are flavorful snacks that can stay on the shelf unopened for several months. Once you open the bag, storing them in the refrigerator will extend their quality.



Soy Protein Powder: Protein powders made with soy protein isolate can usually be stored in the pantry for several months. Add a scoop to smoothies for an extra dose of protein.

Defatted Soy Flour: Soy flour adds protein and tenderness to baked goods and is especially valuable in homemade bread. In yeast breads, replace up to 15% of the wheat flour with soy flour. The easiest way to do this is to put two tablespoons of soy flour into a one-cup measuring cup before filling with wheat flour. Soy flour can also be used as a substitute for eggs in baking. Use one heaping tablespoon of soy flour plus one tablespoon of water to replace one egg.



In the Refrigerator

Water-Packed Tofu: Scrambled, baked or stir-fried, tofu is a delicious source of protein in all types of dishes. Check the label for a “best by” date. Many brands of unopened packages of tofu last for four to five weeks in the refrigerator. Tofus that are made using a calcium salt to coagulate soymilk (calcium-set tofus) can contribute calcium to the diet.

Tempeh: Depending on the packaging, this traditional fermented Indonesian food can last for months in the refrigerator. Extend its shelf life by freezing. Sauté cubes of tempeh with vegetables in peanut or curry sauce and serve over rice.



Miso: A type of fermented soybean paste (often made with the addition of grains and other beans), miso ages well in the refrigerator and can usually be kept for more than a year. Just a tablespoon or two of miso adds a remarkable depth of flavor to soups and sauces.

In the Freezer

Frozen Tofu: If you are unable to use refrigerated tofu by its expiration date, just pop it into the freezer. Once it’s defrosted, tofu takes on a pleasantly spongy texture that is especially good for soaking up marinades.



Shelled Edamame: These soybeans are harvested while still green and have a sweet, nutty flavor. Boil them in salted water for 20 minutes and add to salads, stir-fried dishes or toss with cooked rice. They keep in the freezer for several months.

Where to find soy in the supermarket

Pantry

Hot & Cold Cereals
Protein Bars
Soynut Butter
Soynuts
Packaged Noodles & Soups
Protein-Fortified Baked Goods
Vegetable Oil
Dry Soybeans

Frozen

Soy-Based Meat Alternatives
Non-Dairy Frozen Treats
Pre-Made Meals
Edamame

Produce

Edamame
Soy protein smoothie drinks
Tempeh
Tofu
Miso

Beverages

Protein-Fortified Beverages
Meal Replacements
Coffee Drinks

Dairy

Soy-Based Cheese
Soy-Based Yogurt
Soy-Based Beverages