

## Uses

ID	1,319
Crop ID	Soybean
Part	Seed
Use Category	Food
Notes	The seeds furnish one of the world's most important sources of oil and protein, they can be eaten as they are in soups, stews etc, though they are also very commonly used in the preparation of various meat substitutes. The dried seed can be ground into a flour and added to cereal flours or used for making noodles etc.
Metadata ID	8,432