

SOYRIZO X NJPW LA DOJO



SOYRIZO RECIPE BOOK



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WHAT IS SOYRIZO



Meatless soy chorizo, Soyrito® is made with an authentic recipe, 100% US-grown organic soybeans, and 100% Non-GMO ingredients. This pioneering plant-based chorizo is a great source of protein that is environmentally friendly!

Soyrito® is now available in California and throughout the US from Amazon.com, Whole Foods Market, Walmart, etc.



FIND IN STORE

CHEESY TACOS

@ hellawretched



INGREDIENTS

SERVING 3

Soyrizo	1/4
White onion	1/2
Liquid egg substitute (Just Egg or egg substitute of your choice)	12 oz
Olive oil	1 tbsp
Garlic powder	2 tsp
Vegan mayo	3/4 cup
Shredded vegan cheese	1 cup
Avocado	2
Pickled jalapeño	3
Street taco sized tortilla	3

DIRECTIONS

1. First make the aioli. Peel and mash avocados in a bowl.
2. Add vegan mayo, olive oil, garlic powder, and mix until consistency is even.
3. Chop onion and sauté in olive oil over medium heat until onions are slightly browned.
4. Add egg substitute to pan, stirring frequently until it begins to solidify.
5. Mix in Soyrito and continue to stir frequently until mixture is heated.
6. Add in vegan shredded cheese and mix well.
7. Lower heat and cover, leave for 5 minutes.
8. Remove lid and stir, making sure all ingredients are cooked before turning off stove.
9. In a separate pan, lightly toast tortillas.
10. Top each tortilla with Soyrito mixture and avocado aioli. Add pickled jalapeños.

WRESTLER'S COMMENT YUYA UEMURA

This Soyrito recipe is bite-sized and looks easy to eat. Tortilla is the best way to enjoy Soyrito!





ONIGIRAZU

@foodbaby1006



INGREDIENTS

SERVING 1

- Soyrizo _____ 1/4
Seaweed _____ 1 sheet
Cooked rice _____ 2 cups
Mayo  _____ As needed
Cheese  _____ 1-2 slices
Lettuce _____ 2 sheets
Avocado _____ 1/4
Sesame seed _____ As needed

 can be made with vegan substitute

DIRECTIONS

1. Place seaweed on a sheet of plastic wrap and place a square mold on the seaweed.
2. Stir-fry Soyrizo and set aside.
3. Create layers in the mold in the following order: rice, mayo, cheese, lettuce, cooked Soyrizo, chopped avocado, and rice.
4. Remove the mold with the layered ingredients placed.
5. Wrap the rice ball in seaweed, starting from the four corners of the seaweed paper.
6. Wrap it with plastic wrap and turn it upside-down, so that the opening of the seaweed is at the bottom.
7. Rotate 45 degrees and cut vertically so that the cross-section looks nice.

WRESTLER'S COMMENT REN NARITA

I'm amazed at the combination
of rice and Soyrizo!
I'm curious to see what it tastes like.



CHILI CHEESE DOG

@saylily.vegan



INGREDIENTS

SERVING 2

- Soyrizo _____ 1/2
Vegetarian chili beans _____ 1 can
Red onion _____ 1/4
Vegan Daiya cheddar cheese _____ As needed
Vegan hot dog bun _____ 2

DIRECTIONS

1. In a frying pan, cook Soyrito on high heat until firm. Using a spatula, break into smaller pieces. Set aside.
2. In a saucepan, heat chili beans, then add Soyrito.
3. Grill vegan hot dog and hot dog buns.
4. Arrange hot dog in bun. Top with Soyrito chili.
5. Garnish with chopped onions and vegan cheddar cheese.

WRESTLER'S COMMENT ALEX COUGHLIN

It looks colorful and delicious.
The idea of using Soyrito as
a hot dog is innovative!



CHILAQUILES

@just_julyo



WRESTLER'S COMMENT KEVIN KNIGHT

This is a healthy and light recipe, so I wanna eat it before a game! I could eat as much as I wanted!



INGREDIENTS

SERVING 1

- Soyrizo _____ 1/2
- Sweet potato _____ 1
- Refried beans _____ 1 can
- Egg _____ 4
- Tortilla chip _____ 3
- Olive oil _____ As needed
- Salt and pepper _____ A pinch
- Guacamole _____ As needed
- Cilantro _____ As needed

DIRECTIONS

1. Chop the sweet potato. In a pan, drizzle sweet potatoes with olive oil and cook over low heat.
2. Spread a little oil in a pan. Add tortilla and salsa and stir-fry.
3. Add the eggs and cooked Soyrito and stir-fry.
4. Top with guacamole and cilantro. Serve with refried beans.


KIMUCHI HASH BROWNS

@workedpunch



INGREDIENTS

SERVING 1

- Soyrizo _____ 1/2
Small potato _____ 2-3
Medium yellow onion _____ 1
Minced garlic _____ 1 tbsp
Kimchi _____ 7 oz
Jumbo egg _____ 3
Mayo  _____ As needed
Sriracha _____ As needed

 can be made with vegan substitute

DIRECTIONS

1. Stair fry the potatoes and onions separately, then add the garlic to the onions.
2. Add the onions and garlic to potatoes and let them brown. Add in spicy kimchi for last few minutes.
3. Brown Soyrizo. Add it to the hash and stir.
4. After mixing everything, add in eggs similar to shakshuka.
5. Cover and let the eggs set for a few minutes (make them a little runny).
6. Top with mayo and sriracha.

WRESTLER'S COMMENT THE DKC

It looks very nutritious.
I'm dying to try this combination!
I'd love to share it with
my wrestler friends!



CRUNCH WRAP

@deathfreefoodie



CHEF'S COMMENT @DEATHFREEFOODIE

Love this recipe, and
I'm excited to make it again!



NO.1
MOST LIKED RECIPE

INGREDIENTS

SERVING 1

Soyrizo _____ 1/2 cup
Organic cashew sauce _____ 1/2 cup
(from @Noharm_nocow)
Refried beans _____ 1/2 cup
Vegan butter _____ 1 tbsp
Guacamole _____ 1/2 cup
Baked corn tortilla _____ 1
Flour tortilla _____ 1
Lime _____ To taste
Cilantro _____ As needed
Salsa _____ As needed
(from @520salsaz)

DIRECTIONS

1. Cook Soyrito in a pan over medium-high heat, stirring occasionally for about 7 minutes. (Wait until the Soyrito gets a little crispy.)
2. Heat up beans of choice and set aside.
3. Make or buy guacamole, and set aside.
4. Melt vegan butter in a pan over medium-high heat and then add flour tortilla.
5. Add layers of Soyrito, beans, cheese, and guacamole on the center of the flour tortilla.
6. Set the baked tortilla shell on top of ingredients and fold flour tortilla edges around the baked shell. Use a spatula to carefully flip the crunch wrap to get both sides evenly crisp.
7. Top with more cashew cheese sauce. (Optional: Top with salsa of choice, cilantro, and lime juice.)

FRIED RICE

@mostlyjustregular



CHEF'S COMMENT @MOSTLYJUSTREGULAR


This dish combines a lot of cultural ingredients and techniques. It's a lot of fun to make and Soyrito really takes it to the next level.



NO.2
MOST LIKED RECIPE

INGREDIENTS

SERVING 1

- Soyrito _____ 1/2
- Small diced trinity _____ 1 cup
(Equal parts onion, bell pepper, and celery.)
- Quail egg (or chicken egg) _____ 1
- Oil _____ 2 tbsp
- Fresh minced or micro-planed garlic _____ 1/2 tsp
- Cooked pre-cooked and cooled brown rice _____ 2 cup
- Queso fresco  _____ 2 tbsp
- Salt _____ A pinch
- Pulled cilantro leaves _____ As needed
- Thin cut sweet pepper ring _____ As needed
- Chili pepper _____ To taste
- Chopped green onion _____ As needed
- Aji Triturado _____ To taste

 can be made with vegan substitute

DIRECTIONS

1. In a large skillet, add oil, trinity, and garlic. Sauté on medium heat for 2 minutes.
2. Add the Soyrito and a pinch of salt. Cook for 1-2 minutes.
3. Add the rice and salt under medium heat and stir for 3-4 minutes. (Add a little soy sauce, MSG, rice vinegar to taste)
4. Using a different pan or after cooking the rice, fry a quail egg in heated oil and add salt the top.
5. Turn off the heat and mix the rice with chopped red and yellow jalapeños and red radish. Put egg on top of the fried rice.
6. Garnish with queso fresco, chopped green onion, sweet peppers, cilantro, and Aji Triturado.

CURRY BREAD

@mioinnyc26



INGREDIENTS

SERVING 8

Soyrizo _____ 1/2
Onion _____ 1/4
Bread _____ 8
Egg _____ 2
Panko _____ Enough to cover the bread
Oil _____ Enough to cover the bread
(For stir-fried & fried)

DIRECTIONS

1. Stir-fry Soyrizo with onions.
2. Cut the crust off the bread.
3. Put Soyrizo on bread and fold it in half.
(Be careful as it will stick out if you put in too much).
4. Dip into beaten egg.
5. Cover bread with panko.
6. Deep-fry it.

CHEF'S COMMENT

@MIOIMMYC26

LESS SPICY! soy meat curry bread!
Everyone will love it.



NO.3
MOST LIKED RECIPE

TACO MEAT

@vermilionvegan



EL BURRITO'S COMMENT

The combination of Beyond Burger patties and Soyrizo is brand new!



EL BURRITO'S
CHOICE

INGREDIENTS

SERVING 2-3

Soyrizo _____ 1/4 cup
Beyond Burger patties _____ 6
Chopped walnuts _____ 1 cup
Taco seasoning _____ 1/4 cup
Oil _____ 2 tbsp

DIRECTIONS

1. Heat a skillet over medium flame.
2. Add Beyond Burger patties and Soyrizo to a skillet over medium-high heat.
3. Using a spatula, break up the patties and Soyrizo as they begin to cook (3-5 minutes).
4. Once the crumbled meat mixture has browned, add chopped walnuts and taco seasoning to the pan and stir to combine (add a splash of water to incorporate spices).
5. Continue cooking for 1-2 minutes and then serve.

MEATLESS JAPANESE DRY CURRY

@japanyc



INGREDIENTS

SERVING 2

Soyrizo	1
Garlic	2
Onion	1
Baby carrots	6
Corn	1
Kokumaro Curry	1/2
Cooked rice	As needed

DIRECTIONS

1. Chop ingredients (carrots, onion, garlic, corn).
2. Wash rice. Put rice into rice cooker and start it.
3. Stir-fry onions and garlic with oil until the onions become softer.
4. Add Soyrito and continue to stir-fry.
5. Add carrots and corn, and then add water.
6. Stew for 10 minutes over medium-low heat.
7. After 10 minutes, when all the ingredients are cooked, chop the Kokumaro Curry cube and add to the pan.
8. Continue to stew over higher heat, mixing well.
9. Put rice on the plate and some curry on top or on the side of the rice.

EL BURRITO'S COMMENT

This Mexican style curry is healthy
and full of vegetables!



EL BURRITO'S
CHOICE

TACO RICE

@manatin.jp



INGREDIENTS

SERVING 2

Soyrizo	_____	1/2
Onion	_____	1/2
Mini sweet pepper	_____	8 oz
Mushrooms	_____	8 oz
Lettuce	_____	3 sheets
Egg	_____	2
Cheese	_____	As needed
Cooked rice	_____	As needed

 can be made with vegan substitute

DIRECTIONS

1. Chop ingredients (onion, mini sweet pepper, and mushrooms).
2. Stir-fry onion, sweet pepper and mushrooms with oil until the onion becomes softer.
3. Add Soyrito and continue to stir-fry.
4. Cut lettuce into fine strips.
5. Make a fried egg.
6. Put rice on the plate and lettuce on top of the rice.
7. Put Soyrito taco meat on the lettuce and a fried egg on top of the Soyrito taco meat.
8. Sprinkle cheese as desired.

EL BURRITO'S COMMENT

Onions and sweet pepper make the Soyrito mild, and a fried egg gives an accent to the dish!



EL BURRITO'S
CHOICE