
Cooking With Textured Vegetable Protein (TVP)

Key Nutrients

- TVP is soy protein made from the soybean, a legume.
- TVP is low in fat.
- Protein builds and repairs skin, muscle, blood, bone and brain.
- TVP is a good source of fiber, which helps prevent constipation.

Serving Size

1/4 cup dry or 1/2 cup reconstituted provides 1 serving from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts food group.

Storage and Safety

Store TVP in the dry form in a cool, dry place in a tightly closed container. Dry TVP can be stored almost indefinitely without loss of quality.

After adding water, TVP must be treated like other perishable foods: refrigerate and use within 1-2 days.

Preparation and Cooking

TVP comes in granules, flakes or cubes. Reconstitute TVP by mixing 1 cup TVP granules or flakes with one cup hot water or flavored bouillon. Let stand 5-10 minutes, then use in a recipe. If using cubes, boil the reconstituted TVP gently for about 10 minutes before use.

One pound of TVP granules or flakes is 5 cups dry, and becomes 10 cups when constituted. One pound of TVP cubes is 4 cups dry, and becomes 8 cups when reconstituted.

Uses and Tips

TVP tastes best when used in recipes calling for garlic, spices, onion, peppers, or cheese. A mixture of TVP and ground beef is usually juicy and flavorful.

- use TVP as a meat extender in pizza, chili, sloppy joes, meatballs, casseroles, and lasagna
- combine TVP with and ground or diced meat, including poultry and fish
- use TVP in meatless chili or Mexican-style hash

Source: Modified. OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>