

# **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

© 2005 Oregon State University. Partial funding for the Oregon Family Nutrition Program is made available through the Oregon Department of Human Services from the USDA Food and Nutrition Service. OSU Extension Service cooperating. OSU Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. OSU Extension Service is an Equal Opportunity Employer. Materials will be made available in large print, Braille, on audiotape, computer disk, verbally, or other formats upon request. Please contact your local Extension office. To find out if you are eligible for Food Stamps, call 1-800-SAFENET.