

Textured vegetable protein (TVP)

Textured vegetable protein (TVP) is made from soy by separating (isolating) the soy protein from other components found in whole soybeans. Defatted soy protein is compressed into granules or chunks and dried. It is sold in this dry state, and kind of looks like broken saltines.

It is generally rehydrated before use in a recipe. It is used to replace meat in recipes and used to create “bacon” bits. Dry TVP is added to absorb excess moisture in a dish like a chili or sauce like spaghetti. K-12 schools have long used it to increase the protein count of certain items.

Introduce it slowly into your routine to avoid gas. Remember, our gut can only generate bacteria for foods it needs to digest, so new foods need time to generate the correct bacteria for digestion.

TVP generally reconstitutes 1 part TVP to 1 part water. One method is to heat the water and add the TVP, stir, and let sit so the TVP absorbs the liquid. If you are making taco filling, this is when you add the spices so they mix well while there is still moisture to fully coat the TVP.

To make 2 cups of burger crumbles: **1 Tbs Soy Sauce; 1 Tbs vegan Worcestershire Sauce (optional); 1 Tbs Steak Sauce; 1/4 Tsp Onion Powder; 1/4 Tsp Garlic Powder; 1/4 Tsp Ginger powder; 1 cup less 3 tablespoons of water, 1 Cup Dry TVP**

The above “recipe” would be like the Boca crumbles or Gardein crumbles sold in the freezer section of a grocery store.

You can replace a tablespoon of dry oats with dry TVP before preparing your morning oatmeal. Some find this leaves them more satiated (less hungry) longer while providing additional protein to your breakfast.

More information on TVP:

<https://www.verywellfit.com/textured-vegetable-protein-4693634>

Sauce Stash on ‘What is Tvp’ <https://www.youtube.com/watch?v=ztnk8L5YkxU>

Some TVP containing recipes:

<https://itdoesnttastelikechicken.com/easy-tvp-tacos/>

<https://shaneandsimple.com/easy-vegan-bacon-bits/>

<https://makeitdairyfree.com/vegan-caramelized-onion-and-chili-oil-pasta/#ingredients-for-caramelized-onion-pasta-recipe>

Sam Turnbull has some fantastic and really simple recipes!! 40 Recipes: <https://thestingyvegan.com/>