

Homemade faux meat crumbles

(TVP is like dry tofu. It can be bought in small bags in the health food/bulk area of larger grocery stores, in bulk at Whole Foods, or online at bulkfoods.com)

1 Tablespoon each soy sauce; Worcestershire sauce; steak sauce
¼ tea each: onion powder, garlic powder, ginger

Mix all together with 1 c water until well combined. Bring to a boil for 1 minute. Add 1 c dry TVP and remove from heat. Stir well until TVP is fully reconstituted and not crunchy. This = "crumbles".

1 cup reconstituted TVP (1/2 c dry) vs 1 c cooked hamburger vs 1 c cooked beans:

	Fat	Calories	cholesterol	Price	Fiber
TVP-1 c reconstituted	0	160	0	.72	8 g
Hamburger (80% lean)-1 c	36g	556	194 mg	\$3.10	0 g
Dry pinto beans, cooked-1c	1g	206	0	.18	15.4

Recipes:

Mix TVP crumbles with taco seasoning until flavoring/spiciness meets your taste. This is "taco filling".

Tacos-Use "taco filling" as taco filling for tacos. Top with chopped tomato, lettuce. Can stir fry taco filling with an onion or top with raw onion if desired.

Tostadas- spread no-fat refried beans on a tostada then add taco filling. Top with chopped tomato, lettuce. Can top with salsa if desired.

Chimichangas -take a burrito sized tortilla. Put some no-fat refried beans (1-2 tablespoons) in the center, then some salsa (about 1 tablespoon), then some taco filling. Can also add some rice. Fill it full of all ingredients but not so full you can't fold into a chimichanga(folding all 4 sides in). Spray the top with spray. Bake at 450 degrees for 15-20 minutes. Serve with remaining refried beans on side and rice. This is a baked chimichanga so the tortilla is supposed to be crispy but without all the oil, and calories, of frying.

Sloppy Joes

1 ½ cup TVP crumbles (reconstituted as outlined above or can use ¾ c retained tomato liquid plus ¾ c TVP to = 1 ½ c TVP crumbles)

2T each: prepared mustard; ketchup 1 small onion chopped 1 can diced tomatoes, liquid retained

Dash oregano and chili pepper 1-6oz can tomato paste 1T molasses

Sauté onion. Add molasses. Add reconstituted TVP crumbles, tomato paste, and then add liquid from diced tomatoes can until it is desired consistency. Add diced tomatoes and rest of the ingredients. Serve on sandwich buns.

One Pot Dinner

1 can each: kidney beans; lima beans, white or navy beans ½ c each: ketchup; BBQ sauce 1T molasses

3 T each vinegar; brown sugar 1 c chopped onion, cooked 1 ½ c TVP crumbles ¼ clove minced garlic

¼ tea dry mustard powder dash nutmeg and cinnamon

Put all in a crock pot and cook 4-6 hours or toss in oven and cook at 350 degrees until warm. Serve on or with rice.