

untagged, needs pic, incomplete



This recipe is tagged as incomplete, use at your own risk!

TVP Hamburger Helper

Date added: 2024/11/23

Ingredients

TVP Ground Beef

- 1/2 cup water
- 1/2 cup tvp
- 1 tsp red knorr
- 1 tsp worcestire sauce
- 1 tsp soy
- 1 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 tablespoon bacon fat

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- 2 ½ cups milk
- 1½ cups hot water
- 8 oz elbow macaroni
- 1 tablespoon cornstarch
- 1 tablespoon chili powder
- 1 teaspoons garlic powder
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- 2 cups shredded cheese

Method

1. Boil water. Add tvp and all other ingredients except bacon grease. allow to sit for about 5mins
2. Heat bacon grease in large pot. When shimmering, add tvp. Saute briefly.
3. Add noodles, spices, water, and milk, Simmer for 10-15 mins until liquid is mostly absorbed, and noodles are tender
4. Add cheese, stir combine. leave over heat until melted.

Notes

Way too salty and cheesy. Weigh cheese next time and use 4 oz or less. We used gouda; it was not good. Inspired by: <https://www.farmgirlgourmet.com/homemade-hamburger-helper/>

From:
<https://wiki.cookie mountain.org/> - **Recipe Book**

Permanent link:
https://wiki.cookie mountain.org/doku.php?id=recipes:gourmet_hamburger_helper

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