

untagged, needs pic, incomplete



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## Mexican TVP

Date added: 2024/05/26

### Ingredients

- 1/2C TVP
- 1/2C Water
- 1 tsp Tomato Bullion
- 1 Tbsp Nutritional Yeast Flake
- 2 tsp Valentina Hot Sauce
- 1 pinch MSG
- *Optional* A few shakes of Tobasco or similar for some extra heat

### Method

1. Combine Water, Tomato Bullion, Nutritional Yeast Flake, Valentina Hot Sauce, and MSG in a microwave safe container and microwave until boiling ~90 seconds.
2. In a heat safe bowl, pour boiling mixture over TVP and stir to combine.
3. Let TVP hydrate, ~5 minutes

### Notes

I used Bob's Red Mill TVP for this, so other makes might have different rehydration requirements. So far we've used this in quesodillas and burritos.

#### Italian TVP

- 3/4 cup red sauce
- ~3/4 cup water
- 1tsp tomato bullion
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp italian seasoning (could use a bit more)
- 4 tsp yeast flake

Inspired by: *original recipe link*

From:

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

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