Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

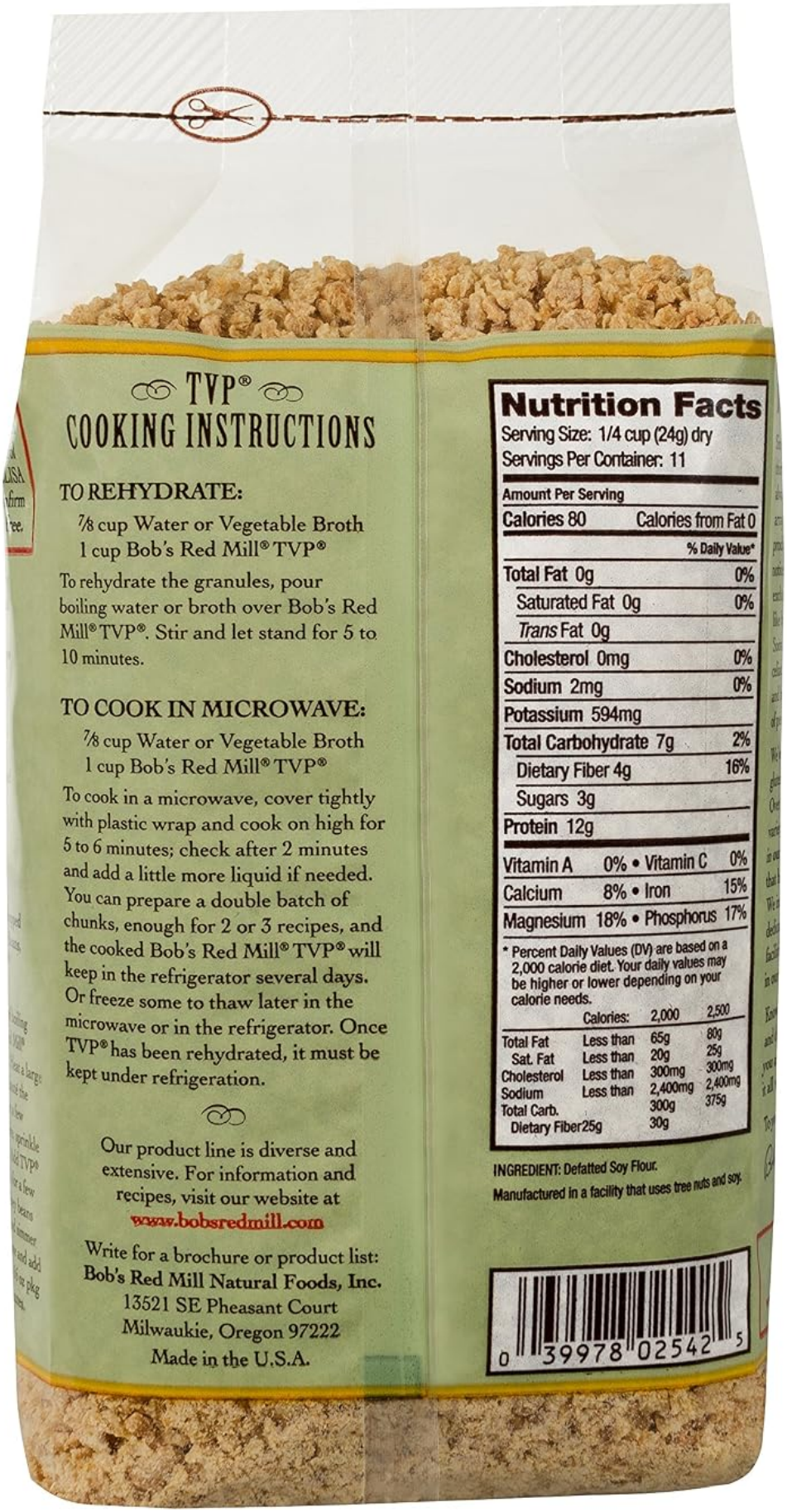
Bob's Red Mill dinirao

Bob's Red Mill TVP (Textured Vegetable Protein) 10-ounce Instruction Manual

Your guide to preparing and using Textured Vegetable Protein

Introduction to Bob's Red Mill TVP

Bob's Red Mill Textured Vegetable Protein (TVP) is a versatile, high-protein, gluten-free, and vegan food product made from defatted soy flour. It serves as an excellent alternative to meat in various dishes, absorbing flavors from sauces and seasonings to create delicious meals like chili, tacos, and meatballs. This manual provides essential instructions for rehydrating, cooking, and storing TVP.



TVP® COOKING INSTRUCTIONS

TO REHYDRATE:

7/8 cup Water or Vegetable Broth
1 cup Bob's Red Mill® TVP®

To rehydrate the granules, pour boiling water or broth over Bob's Red Mill® TVP®. Stir and let stand for 5 to 10 minutes.

TO COOK IN MICROWAVE:

7/8 cup Water or Vegetable Broth
1 cup Bob's Red Mill® TVP®

To cook in a microwave, cover tightly with plastic wrap and cook on high for 5 to 6 minutes; check after 2 minutes and add a little more liquid if needed. You can prepare a double batch of chunks, enough for 2 or 3 recipes, and the cooked Bob's Red Mill® TVP® will keep in the refrigerator several days. Or freeze some to thaw later in the microwave or in the refrigerator. Once TVP® has been rehydrated, it must be kept under refrigeration.

Our product line is diverse and extensive. For information and recipes, visit our website at www.bobsredmill.com

Write for a brochure or product list:
Bob's Red Mill Natural Foods, Inc.
13521 SE Pheasant Court
Milwaukie, Oregon 97222
Made in the U.S.A.

Nutrition Facts

Serving Size: 1/4 cup (24g) dry
Servings Per Container: 11

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Potassium 594mg	
Total Carbohydrate 7g	2%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 12g	
Vitamin A 0% • Vitamin C 0%	
Calcium 8% • Iron 15%	
Magnesium 18% • Phosphorus 17%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g

INGREDIENT: Defatted Soy Flour.
Manufactured in a facility that uses tree nuts and soy.

0 39978 02542 5

Image: Front view of the Bob's Red Mill TVP package.

Setup: Rehydration Instructions

TVP must be rehydrated before use. It can be rehydrated using either a stovetop method or a microwave method.

Stovetop Rehydration:

1. Combine ¾ cup water or vegetable broth with 2 tablespoons of water or vegetable broth.
2. Bring the liquid to a boil.
3. Pour the boiling liquid over 1 cup of Bob's Red Mill TVP.
4. Stir well and let stand for 5-10 minutes until the TVP has absorbed the liquid and softened.

Microwave Rehydration:

1. Place 1 cup of Bob's Red Mill TVP in a microwave-safe bowl.
2. Add ¾ cup water or vegetable broth and 2 tablespoons of water or vegetable broth to the bowl.
3. Cover the bowl tightly with plastic wrap.
4. Cook on high for 5-6 minutes.
5. Check after 2 minutes and add more liquid if needed to achieve desired consistency.

Once TVP has been rehydrated, it must be kept refrigerated.

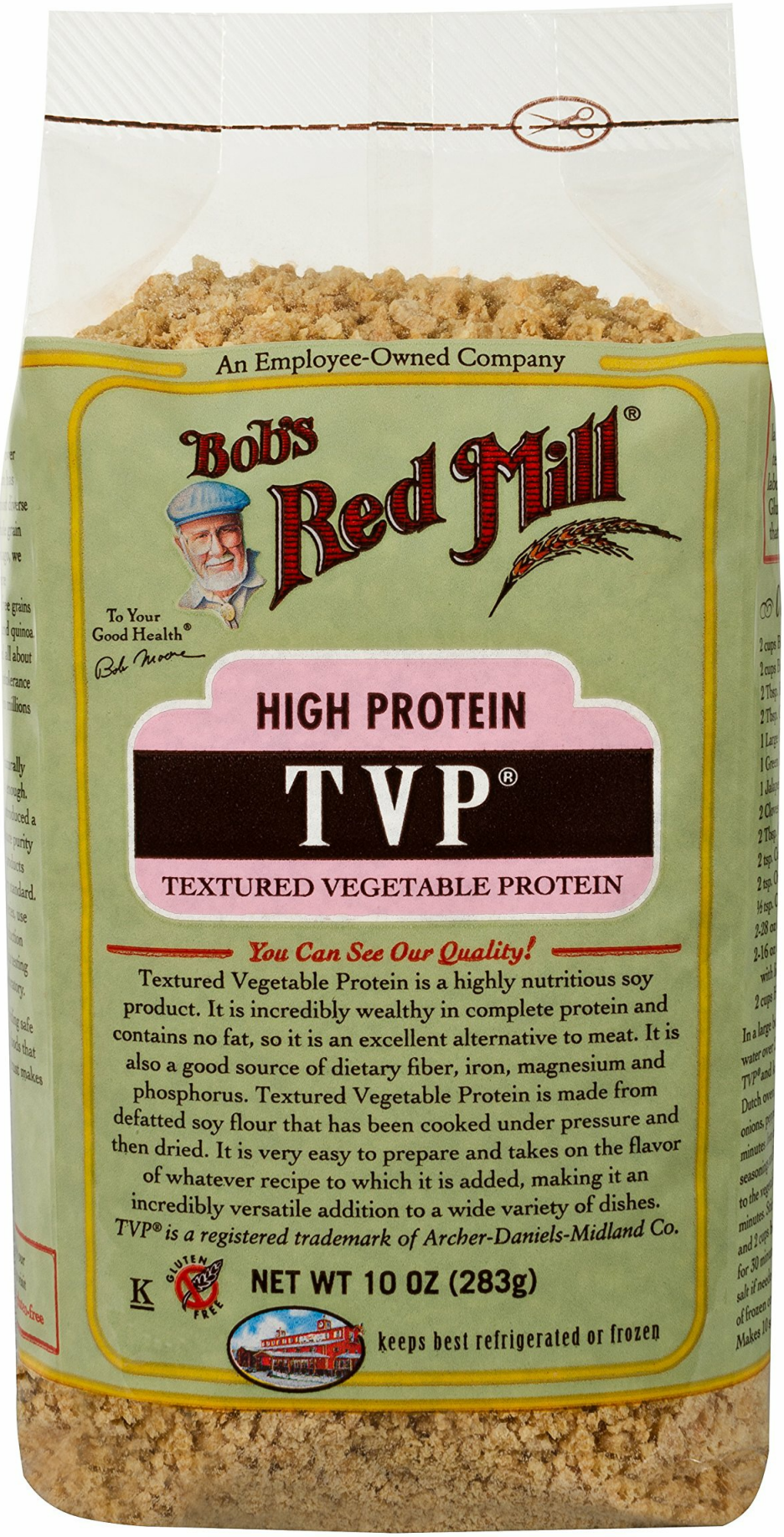

An Employee-Owned Company
Bob's Red Mill®
To Your Good Health®
HIGH PROTEIN
TVP®
TEXTURED VEGETABLE PROTEIN
You Can See Our Quality!
Textured Vegetable Protein is a highly nutritious soy product. It is incredibly wealthy in complete protein and contains no fat, so it is an excellent alternative to meat. It is also a good source of dietary fiber, iron, magnesium and phosphorus. Textured Vegetable Protein is made from defatted soy flour that has been cooked under pressure and then dried. It is very easy to prepare and takes on the flavor of whatever recipe to which it is added, making it an incredibly versatile addition to a wide variety of dishes.
TVP® is a registered trademark of Archer-Daniels-Midland Co.
K
GLUTEN FREE
NET WT 10 OZ (283g)
keeps best refrigerated or frozen

Image: Back of the Bob's Red Mill TVP package detailing rehydration and cooking instructions.

Operating: Cooking with TVP

Rehydrated TVP can be used as a direct substitute for ground meat in many recipes. Its neutral flavor allows it to readily absorb the seasonings and flavors of your dish.

General Usage Tips:

- **Flavor Absorption:** TVP has a mild flavor on its own. It is designed to absorb the flavors of the spices, sauces, and broths you cook it with.
- **Texture:** Once rehydrated, TVP mimics the texture of cooked ground meat, making it ideal for dishes where you want a hearty, chewy consistency.
- **Versatility:** Use TVP in tacos, sloppy joes, spaghetti sauce, chili, casseroles, or to make veggie burgers and meatballs.

Example Recipe: Easy Vegan Tacos

This recipe provides a basic method for preparing flavorful vegan tacos using TVP.

Ingredients:

- 1 ½ cups hot water, divided
- 1 cup Bob's Red Mill TVP
- 2 Tbsp oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 Tbsp tomato paste
- 3 Tbsp taco seasoning
- 1 ½ tsp white vinegar
- Salt, to taste
- Cayenne pepper, optional
- Warmed tortillas
- Toppings of choice

Instructions:

1. In a bowl, pour 1 cup hot water over TVP. Stir and let stand for 5-10 minutes to absorb.
2. Heat oil in a large pan over medium heat. Add onion and cook until translucent, 5-10 minutes. Stir in garlic and cook until fragrant, 2-3 minutes.
3. Stir in rehydrated TVP, tomato paste, taco seasoning, and ½ cup water. Cook until water has evaporated, about 15 minutes.
4. Stir in vinegar. Add salt and cayenne pepper to taste.
5. Spoon into tortillas and top as desired.

Maintenance & Storage

Proper storage ensures the longevity and quality of your TVP.

- **Unrehydrated TVP:** Store in a cool, dry place. The product is packaged in a facility that shares equipment with peanuts, dairy, soy, and wheat products.
- **Rehydrated TVP:** Once TVP has been rehydrated, it must be kept refrigerated and consumed within a few days, similar to cooked ground meat. For longer storage, rehydrated TVP can be frozen.

Troubleshooting Common Issues

While TVP is generally easy to use, here are some tips for common situations:

- **TVP is too dry after rehydration:** Add a small amount of additional hot water or broth, stir, and let it sit for a few more minutes until the desired texture is achieved.
- **TVP is too wet after rehydration:** Drain any excess liquid before adding it to your recipe. If already in a pan, cook it over medium heat until the excess liquid evaporates.
- **Lack of flavor:** TVP absorbs flavors. Ensure you are using enough seasonings, spices, and flavorful liquids (like vegetable broth) during the rehydration and cooking process.

Specifications

Detailed information about Bob's Red Mill TVP.

Product Details:

- **Brand:** Bob's Red Mill
- **Model Number:** dinirao
- **ASIN:** B000VK3TNO
- **UPC:** 039978025425, 786173960593
- **Item Weight:** 11.2 ounces
- **Product Dimensions:** 6.7 x 4.8 x 2.4 inches
- **Units:** 10.0 Ounce
- **Ingredients:** Defatted Soy Flour.
- **Diet Type:** Paleo (Note: While TVP is soy-based, some Paleo diets exclude soy. Please verify compatibility with your specific dietary needs.)



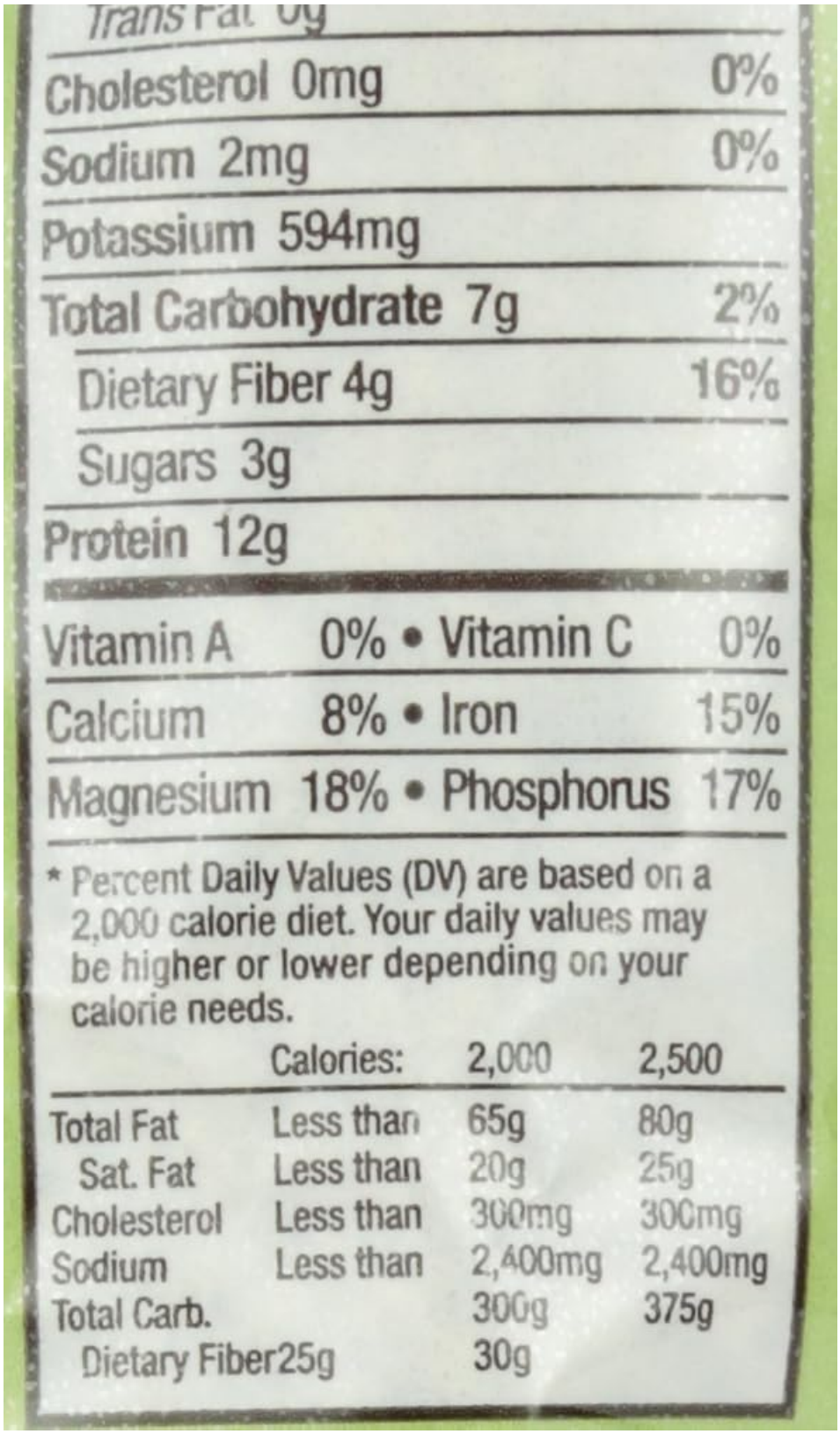
Image: Product dimensions for Bob's Red Mill TVP.

Nutritional Information (per ¼ cup dry, 23g serving):

Nutrient	Amount	% Daily Value*
Calories	80	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2mg	0%
Potassium	594mg	
Total Carbohydrate	7g	2%
Dietary Fiber	4g	16%
Sugars	3g	
Protein	12g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	8%	
Iron	15%	
Magnesium	18%	
Phosphorus	17%	

**Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*





Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Potassium 594mg	
Total Carbohydrate 7g	2%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 12g	

Vitamin A	0%	• Vitamin C	0%
Calcium	8%	• Iron	15%
Magnesium	18%	• Phosphorus	17%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber	25g	30g	

Image: Detailed nutrition facts for Bob's Red Mill TVP.

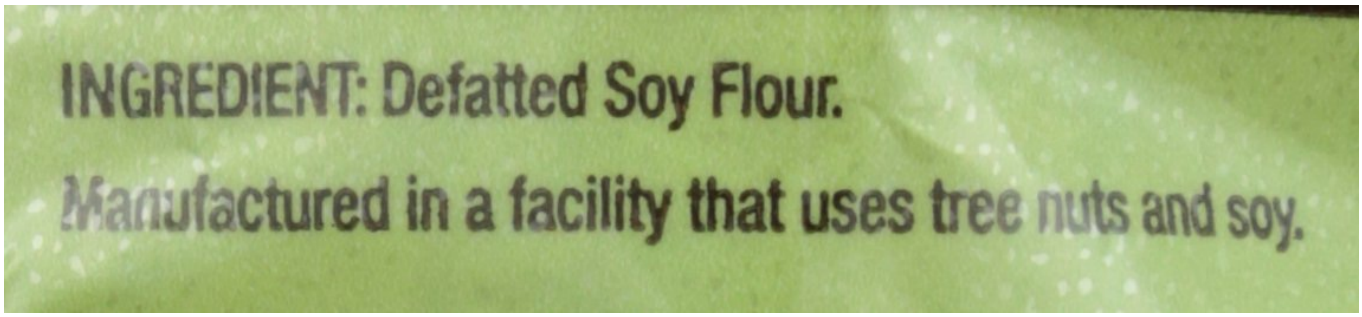


Image: Ingredients list for Bob's Red Mill TVP, showing 'Defatted Soy Flour'.

Important Information

- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.
- This product is processed in a dedicated gluten-free facility and is R5-ELISA tested to confirm its gluten-free status.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B000VK3TNO

More documents and user manuals: **https://manuals.plus/**