

Recipes for TVP

"Guiltless" Lasagna

To make this lasagna really low fat, use fat-free cottage cheese and low-fat or fat-free mozzarella cheese.

1 cup Western Harvest Beef TVP
10 oz. large lasagna noodles
1 minced garlic clove
1 Tbl. basil
1 1/2 tsp. salt
2 6-oz. cans tomato paste
1/2 cup onion, minced
Cheese Filling:
3 cups cottage cheese
1/2 cup grated Parmesan
1 lb. mozzarella cheese, grated
2 Tbl parsley flakes
1 tsp oregano
2 beaten eggs
2 tsp. salt
1/2 tsp pepper

Preheat oven to 375° F. In large saucepan, add all ingredients except lasagna noodles and cheese filling ingredients. Fill tomato paste can with water 4 times and add to sauce. Simmer for 30 minutes, stirring occasionally. While "meat" sauce is cooking, cook lasagna noodles until tender. Mix cheese filling ingredients well, reserving 1/2 cup of mozzarella cheese for the top. Spray pan with non-stick spray. Pour 1/3 of meat sauce on the bottom of the large pan. Next, lay a layer of 1/2 noodle, and 1/2 cheese filling. Repeat, ending up with meat sauce on the top. Use reserved 1/2 cup of mozzarella to top lasagna. Bake for 30 minutes. Let stand 10 minutes before cutting. Makes 12 servings.

Green Beans with Tangy Bacon TVP Dressing

My family always makes these green beans disappear--I always have to make a double batch!

1 pound green beans, fresh or frozen
2 Tbl. Western Harvest Bacon Bits® TVP
1/2 onion, minced
1/4 cup vinegar
Salt and pepper to taste
2 tsp. olive or other vegetable oil

Cook beans in boiling, salted water for 20 minutes. Meanwhile, heat oil in fry pan. Sauté onions and bacon bits TVP in oil until onion is translucent. Add vinegar. Heat to boiling. When beans are done, pour bacon bits and sauce over beans, season, and toss. Serves 4-5.

Pizzeria Pizza

Dough:

3 cups flour
1 cup warm water
1 package yeast
1 tsp. sugar
2 Tbl. oil
Topping:
8-10 oz. mozzarella cheese
1 cup Western Harvest Sausage TVP
10 oz. pizza sauce
1 tsp oregano
1 garlic clove, minced
2 Tbl. Western Harvest Bacon Bits TVP

Grease bowl. Mix flour, yeast, and sugar in bowl. Add water, mixing with greased spoon until evenly moist. Add oil gradually. Knead dough on board for 5 minutes. Put back in bowl. Cover and let rise in warm, moist area until double in bulk--takes about 1 hour. While dough is rising, grate cheese, and reconstitute sausage TVP. (To reconstitute sausage TVP, simmer TVP in 2 cups water for 10 minutes. Drain.)

Preheat oven to 400° F. Spread dough evenly and flat on greased cookie sheet. Add sausage TVP, sauce, oregano, garlic clove and cheese. Sprinkle bacon bits TVP on top. Bake on second rack from the top until cheese browns, about 15-20 minutes.

Broccoli-Rice Bake with Chicken TVP

This casserole is a great way to use up leftover rice. And it's quick on those nights that you don't want to do a lot of cooking.

1/4 cup butter or margarine
1 diced medium onion
1 package (10 oz.) frozen chopped broccoli
1 cup dry Western Harvest Chicken TVP
1 can (10 1/2 oz.) condensed cream of chicken soup
1 jar of Cheez Whiz or 1 cup grated cheddar cheese
2 cups cooked rice

Cook broccoli according to directions on package. Drain. Preheat oven to 350° F. In small skillet, melt butter or margarine, melt butter or margarine. Add

onion, and sauté until onion is clear but not brown. Add cooked broccoli, soup, TVP and rice. Stir in Cheez Whiz or 1 cup cheese. Add 2 cups water. Bake in a buttered casserole dish until water has cooked out and casserole is bubbly, about 20-30 minutes. Makes 4 to 6 servings.

Spicy Sloppy Joes

This recipe gives a Southwestern twist to a summer favorite

1 cup dry Western Harvest Taco TVP

1 tsp. salt

1/8 tsp. pepper

2 Tbl. ketchup

1 tsp. prepared mustard

1 Tbl. brown sugar

1 can (10 3/4 oz.) chicken gumbo soup

1/2 cup salsa

2 hamburger buns, split

In a medium skillet over med-high heat, add taco TVP salt, pepper, ketchup, mustard, brown sugar, chicken gumbo soup, and salsa. Blend well. Heat until bubbly. Reduce heat and simmer 20 minutes. Spoon onto split buns.