

# Soy Protein Facts

## Textured Soy Protein

Textured soy protein, often called TSP or TVP\*, is made from soy flour that is compressed until the protein fibers change in structure. It is used as a nutritious extender in a variety of food products. It also is available to home cooks and is sold as dried, granular product. When it is re-hydrated with boiling water, TSP has a texture similar to ground beef. TSP is also available in chunk-sized pieces that take on the consistency of stew meat when re-hydrated.

*\*TVP is a registered trademark of the Archer Daniels Midland Company.*

## Buying & Storing TSP

Texturized soy protein is available in natural food stores and retail groceries. It can also be purchased through the mail from a number of natural food mail order distributors.

Because TSP is low in moisture, it has a long shelf life. It can be kept in a tightly closed container at room temperature for several months. Once it is re-hydrated, it should be refrigerated and used within a few days.

## Using TSP

TSP must be re-hydrated before it is used in recipes. Use 7/8 of a cup of boiling water for each cup of soy protein. For the granules, just pour the water over the TSP. The chunks need to be simmered for a few minutes.

Use TSP to replace part of the ground beef in almost any recipe. Replace one-fourth of the ground beef in meat loaf or burgers.

Replace one-half or more of the ground beef in flavored dishes like chili or tacos. You can use 100% TSP in these dishes, if you prefer. For a fast and fat-free dinner, pour a can of sloppy joe sauce over re-hydrated TSP, heat, and serve on rolls.

## Nutritional Value of TSP

Soy protein is rich in protein and extremely low in both fat and sodium. It is also a good source of fiber. One cup of prepared soy protein provides:

Calories – 120  
Protein – 22g  
Fat – 0g  
Carbohydrates – 14g  
Calcium – 170mg  
Iron – 4g  
Sodium – 7mg  
Zinc – 2.7mg

*Source: Composition of Foods:  
Legume and Legume Products.  
United States Department of  
Agriculture, Human Nutrition  
Information Service, Agriculture  
Handbook, Number 8-16. Revised  
December 1986.*

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