

# TVP Sloppy Joes

Unknown



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Hillbilly Housewife  
**Frugal Food Storage**



## **TVP Sloppy Joes**

- 2 cups water
- 8 oz can tomato sauce
- 1/2 cup ketchup
- 2 beef bouillon cubes
- 1/4 cup dry onion
- 2 tablespoons dry green pepper (optional)
- 2 cups plain TVP
- 1-1/2 teaspoons chili powder
- 1/4 teaspoon black pepper
- 2 tablespoons oil

### **Stovetop:**

In a large skillet combine the water, tomato sauce, ketchup and bouillon cubes. Cook and stir until the bouillon is dissolved. Add the dry onion, dry green pepper if you have any handy, and the TVP. The TVP will swell up and absorb most of the liquid. Sprinkle in the chili powder, black pepper and oil. Stir well. Simmer the mixture over a medium flame for about 10 minutes. Taste as it cooks. If necessary, add a little soy sauce for salt and heartiness. A tablespoon or two should be enough. If the mixture gets too thick, then add a little extra water for simmering. When finished, it should be very thick. Spoon onto homemade buns and serve with a cool salad and stewed apples.

### **Crock-Pot:**

Combine all of the ingredients in a crock pot. Cover and cook on high for 3 or 4 hours or on low for

up to 8 hours. This is a good one to have going while you are at church on Sunday Mornings.

