



## **Textured Soy Protein, Soups, and Hummus Uses and Preparation Guide**

**Preparation:** No preparation is needed for TSP. You can eat straight from the package but can hydrate for recipes and cooking. See the guidelines below. For the soups, some cooking is required. However, you can add them to recipes or use them as dips and rubs. Just add hot water and olive oil per the packaging instructions for our hummus.

### **Uses**

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Dessert	Drinks	Salads
Textured Soy Protein (TSP) Bacon Bits	X	X	X	X	X	X			X
Textured Soy Protein (TSP) Beef Bits	X	X	X	X	X	X			X
Textured Soy Protein (TSP) Chicken Bits	X	X	X	X	X	X			X
Textured Soy Protein (TSP) Beef Bits	X	X	X	X	X	X			X
Textured Soy Protein (TSP) Ham Bits	X	X	X	X	X	X			X
Textured Soy Protein (TSP) Sausage Bits	X	X	X	X	X	X			X
Textured Soy Protein (TSP) Taco Mix	X	X	X	X	X	X			
Textured Soy Protein (TSP) Unflavored		X	X	X	X	X	X		

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Dessert	Drinks	Salads
Three Onion Soup Mix		X	X	X	X	X			
Tomato Basil Soup Mix		X	X	X	X	X			
Herb & Vegetable Soup/Dip Mix		X	X	X	X	X			
Instant Original Hummus Mix	X	X	X	X	X	X			X



**MOTHER  
EARTH PRODUCTS**  
A NEW DAY IS DAWNING

## Preparation

	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
TeXtured Soy Protein (TSP) Bacon Bits	X	X	X			
TeXtured Soy Protein (TSP) Beef Bits	X	X	X			
TeXtured Soy Protein (TSP) Chicken Bits	X	X	X			
TeXtured Soy Protein (TSP) Beef Bits	X	X	X			
TeXtured Soy Protein (TSP) Ham Bits	X	X	X			
TeXtured Soy Protein (TSP) Sausage Bits	X	X	X			
TeXtured Soy Protein (TSP) Taco MiX		X	X			
TeXtured Soy Protein (TSP) Unflavored		X	X			

	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Three Onion Soup MiX	X	X				
Tomato Basil Soup MiX	X	X				
Herb & Vegetable Soup/Dip MiX	X	X				
Instant Original Hummus MiX	X	X				