



Tamale Joe Casserole Additional Recipe Ingredients

Courtesy of BlessedElements.Com

Seasoned TVP

Make this ahead for weeks you are going to be making spaghetti and things you want a substitute for ground hamburger.

TVP: 12 oz- I use Bob Red Mill

Garlic Powder: 2 tsp

A1 sauce: 1 Tbls

Vegetable Broth: 1 cup or 1 cube of vegetable bouillon in 1 cup of hot water.

Vegan Worcester Sauce : 4 tsp

Put TVP and dry ingredients in a mixing bowl. In a smaller bowl combine liquid ingredients. Add liquid to dry and stir thoroughly. Set aside for 15 to 20 minutes and it will fluff up. Stir again and add to casserole.

Cornbread for Top

Flax seed (ground finely): 1 TBLS into 3 TBLS of cold water. Let the mixture rest for at least 5 minutes.

Water: 1/2 cup

Non dairy milk: 1/2 cup. (I like oat milk for this)

Favorite corn meal: 1 cup

Baking powder: 1 tsp

Salt: 1/2 tsp

Sugar: 1.5 tsp. (optional)

Vegetable oil: 1 TBLS

Stir ingredients in bowl and set aside. This goes on top of the Tamale Joe Casserole.

*If you are using a cornbread mix then cut the recipe in 1/2