

Forum:[Hack Forums](#)

Thread: [Helper meals](#)

Pr0m3th3us - February 24, 2025, 12:02 am

Do you like hamburger helper meals? Or tuna helper?

I recently bought 10 HH and 4 TH boxes on sale and haven't had them in a couple years. I make most meals from scratch. I forgot how generic they are, most of the time I'll add diced onions, garlic, fresh jalapeños, bell peppers or green chilies...but still idk. The cheesy version ones are my favorite of all.

The tuna ones are hard for me to eat because hot/warm tuna is odd and gross to me. Nevertheless I bought 4 of them ????

The Pact - February 24, 2025, 12:17 am

(Feb 24, 2025 01:02 AM)Unknown Rusty Looser Wrote: [\[CITE\]](#) Do you like hamburger helper meals? Or tuna helper?

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I've never tried them? How do they even work? Is there a mac and cheese one?

Pr0m3th3us - February 24, 2025, 12:44 am

(Feb 24, 2025 01:17 AM)The Pact Wrote: [\[CITE\]](#) I've never tried them? How do they even work? Is there a mac and cheese one?

There is like 5 different "Mac and cheese" versions. Basically the box comes with macaroni or rice, and a seasoning/sauce packet. You just add 1lb cooked ground hamburger (or tuna for that version) milk, water, and sometimes butter. It's extremely unhealthy and has a lot of preservatives. It's only good right after cooking, saving and reheating is kinda nasty.

The Pact - February 24, 2025, 1:32 am

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To me it sounds like your adding too much for it to really be a "helper". ? If I'm gonna be lazy it's gonna be more lazy than that. And I want to reheat everything. ?

.Pazuzu - February 24, 2025, 9:44 am

I had never heard of 'helper' meals so I looked them up, the [ingredients](#) don't look too bad (most of the listed chemicals like Riboflavin, Niacin & Folic acid are just vitamins), but like a lot of processed food there's just so much salt, so many products are full of sodium and the average person eats way too much daily

I know us Brits get clowned on for not using seasoning but seriously, salt doesn't need to be in everything!

I'd stick to making stuff from scratch when you have the time, however, we don't always have that luxury and these seem like a good alternative. I would be interested to see the results of using these kits!

Pimping - February 24, 2025, 10:33 am

Hamburger helper is good i love the beef one and lasagna

Pr0m3th3us - February 24, 2025, 10:42 am

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Almost everything in an American grocery store has a crap ton of sodium. I don't use much salt when I cook.

.Pazuzu - February 24, 2025, 10:48 am

(Feb 24, 2025 11:42 AM)Unknown Rusty Looser Wrote: [\[CITE\]](#) Almost everything in an American grocery store has a crap ton of sodium. I don't use much salt when I cook.

It's the same here in the UK, I don't check every macro nutrient because I enjoy cooking and don't want it to be a chore, but when I catch a glimpse at some ready meals I've eaten there's an unbelievable amount of salt, but we are pretty tame with the other additives

I hardly ever add salt directly to my own cooking now (other than seasoning meat if I'm searing), and try get the sodium from other things like pancetta

Pr0m3th3us - March 10, 2025, 1:33 am

I made the Stroganoff helper and added onion powder, garlic powder, red pepper flakes and fried tator tots...that made it much better.