

Vegan Sausages

Ingredients:

- 1 cup baby portabella or shitake mushrooms finely chopped
- ½ cup onion finely chopped
- 2-3 cloves garlic finely diced
- 2 tablespoons diced pimentos or roasted red bell pepper
- ¼ cup of low-sodium vegetable broth
- 2 cups cooked black-eyed peas, drained and rinsed
- ¼ cup nutritional yeast flakes
- ½ cup garbanzo and fava bean flour **or** rice flour
- 2 tbsp. vital wheat gluten flour
- 1 tsp. xanthan gum
- 4 tbsp. or to taste of Braggs liquid aminos or coconut aminos
- 1 tbsp. each onion and garlic powder and paprika
- 1 tsp. each of fennel seeds, crushed, and oregano
- ¼ tsp. cumin powder
- 2-3 drops of liquid smoke (optional)

Instructions:

1. Prepare 4-6 pieces of parchment paper of approximately 4x10 inches each and 4-6 pieces of aluminum foil paper of roughly 5x12 inches each.
2. In a medium skillet sauté the mushrooms, onions, garlic, and pimentos in the broth until softened. Set aside to cool.
3. Meanwhile, put your beans in a large bowl and use a large fork or potato masher to mash them up. Add all the remaining ingredients, including the softened veggies and mix well to combine.
4. Divide the dough into 4-6 equal parts depending on the size you prefer. Roll each portion into a sausage shape and then into a piece of parchment paper on top of a piece of aluminum foil. Pinch the ends of the aluminum foil and wind tightly to keep the sausage shape.
5. Place in a steamer basket and steam for 25 minutes or until done.

Tip: Feel free to double the recipe as these store well. They also make excellent hot dogs.

Servings: approximately 4 large sausages or 6 small.