

Vegan Sausages

Preparation time: 2-3 hours | 12-16 sausages



Ingredients

3 cups black beans
Water for soaking
1 teaspoon baking soda
8 oz ground "Beyond Meat"
¼ cup smoked paprika
2 cubes vegetable soup bouillon cubes

Rinse the beans. Place in pot of glass bowl. Add water and baking soda. Soak 4-6 hours. (Adding baking soda to the soak water of dried beans before significantly decreases the content of the raffinose family of sugars causing bloating and gas.)

Rinse the beans well. Place in a pot and cover with water, add one bouillon cube and half of the smoked paprika. Heat and simmer for about 30-40 minutes. Drain well and mash. Set aside.

Dissolve the other bouillon cube in a tablespoon of water. Add to the Beyond Meat and add the rest of the smoked paprika. Cook in a frying pan and drain well. Mix in with the beans and set aside.

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INGREDIENTS

Preparing the binder mix. (I experimented a lot with this recipe. This recipe lends itself to experimenting with spices and ethnic flavors. You can also use this recipe to make bean burgers).

Mix:

- 2 cups Breadcrumbs
- 2 cups Oatmeal
- 2cup Flax seeds (ground)

Blend it with the spices.

- 2 tablespoons Onion powder
- 2 tablespoons Garlic powder
- 2 tablespoons Smoked paprika
- 2 teaspoons Black pepper
- 1 tablespoon Cumin
- 1 tablespoon Coriander
- 1 teaspoon Nutmeg
- 1 teaspoon Allspice
- 1 teaspoon pulverized Marjoram
- 1 teaspoon pulverized Thyme
- 1 tablespoon Oregano
- Salt to taste if needed
- 2 tablespoon Hickory flavoring
- ½ cup date sugar
- ½ cup Sweet soy sauce
- 2 tablespoons vegan Worcestershire sauce
- Vegan sausage casings (Amazon.com)
- If not available, use parchment paper and cut into 8"x8" squares.
- Steamer or microwave oven
- Freezer container

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Process

Add the hickory flavoring, sweet soy sauce and Worcestershire sauce to the bean mixture now and stir well. Add one cup at a time of the binder and spices mix to the beans and “meat”. Mix well. What you want to end up with is a significantly stiff dough but not dry. Cover lightly with a kitchen towel. Set aside until completely cooled.

If you are using sausage casings, follow the directions of the manufacturer. You may need a sausage maker tool also. I hand roll them. It is easier and I can control the size I want.

Hand roll into the shape and size you want. I make smaller sausages to use for breakfast and larger for dinner.

With each rolled sausage, place on the parchment paper and twist each end. Place each one on a tray, one that will fit into your microwave or a steamer and finish the process of hand rolling.

Take the paper wrapped sausages and place in the microwave and heat on high for about two minutes. You can also do this in a steamer, but I find that a microwave works best.

Leave wrapped in paper. Cool completely. These can be stored for up to two months in the freezer. Sausages taste best after allowing them to rest overnight.

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Recipe for grilled sausages with BBQ sauce.

4 Sausages
1-2 large onions thinly sliced
3 cloves of chopped garlic
2 tablespoons Olive oil

Marinating Sauce

Mix the following:

½ cup sweet soy sauce
2/3 cup ketchup
¼ cup date sugar
½ teaspoon pulverized cayenne pepper (optional)
Salt, Pepper

Place the marinating sauce in a shallow baking dish then add the sausages and roll in the sauce until fully covered. Marinate for 30-60 minutes. Microwave for 2 minutes. Brush a grill pan with oil and sauté the onions and garlic. Add the sausages and grill both sides for about 5 minutes each. Brush the remaining sauce on the sausages while grilling. (I use a stove top grilling pan or grill on a BBQ. Because the sausages are fat-free, you'll need a **grilling mat** for the BBQ.) Enjoy!

With love,
Sylvie Waxman 2020