

Italian Vegan Sausage

This beginner's recipe is easy and delicious. Learn the basic formula then alternate seasonings to create a variety of great options.

INGREDIENTS

Base:

- 1 15 oz. can white beans, drained and mashed
- 1 1/3 cups Bob's Red Mill vital wheat gluten
- 1/4 cup nutritional yeast
- 1/4 cup ground hemp seed

Seasonings:

- 2 teaspoons Italian seasoning
- 2 teaspoons garlic powder
- 1 tablespoon dried minced onion
- 1 teaspoon fennel seed
- 1 teaspoon sea salt
- 1/4 teaspoon crushed red chili pepper
- 2 tablespoons finely chopped sun-dried tomatoes

Liquid:

- 1 cup plus 2 tablespoons vegetable broth
- 2 tablespoons olive oil

Olive Oil and Agave syrup for frying and browning

DIRECTIONS:

Mash the beans in a medium mixing bowl with a fork or masher until smooth. Add all the remaining ingredients and stir to combine. The dough should be slightly sticky but firm.

Dust a large cutting board with a few tablespoons of vital wheat gluten, transfer the mixture onto the cutting board and knead the dough with lightly dusted hands for about 10 minutes stretching and folding it until it begins to feel firm and elastic. Or, use a professional mixer with the dough hook and process on medium high for about 6 minutes until the dough is firm and bounces back when stretched.

Divide the dough into 8-10 even pieces, shape and roll each piece in parchment paper and twist the ends to seal. Secure the ends by tying them with string.



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Prepare a large pot with a steamer basket. Place a few inches of water in the bottom of the pot and bring it to a boil. Arrange the sausages in the steamer basket, cover with a lid and steam on medium high heat for 60 minutes checking the water level every 20 minutes to add additional water as needed. Test for doneness by unwrapping one of the sausages, the paper should pull away easily and the sausage will be firm when done.

Remove cooled sausages from their parchment casing and grill them, fry them, crumble them, or use them as a substitute in any recipe that calls for traditional sausage.

For best browning results place a combination of 1 tablespoon olive oil and 1 teaspoon of agave syrup in a frying pan or on a flat grill, cook sliced or whole sausages in the oil until they are golden brown and enjoy.

Quick and Easy Grilled Veggie Kebobs

Simple and delicious, always an easy winner. Pick an assortment of your favorite vegetables and heat up the grill, dinner's ready!

Suggested vegetables:

Baby patty pan squash, skewered whole

Cherry tomatoes, skewered whole

Zucchini, cut into chunks

Yellow squash, cut into chunks

Mushrooms, skewered whole

Purple Onion, cut into 1" pieces

Red, yellow, green, orange, bell peppers, cut into 1" inch pieces

1 16 oz. vacuum packed firm tofu, cut into cubes or vegan sausage cut into chunks

Season with:

Sunflower oil for coating and a dry rub seasoning

Serve with:

Your favorite rice

Prepare the rice according to package directions.



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Prepare the bamboo skewers by soaking them in water or try using professional stainless-steel kebob skewers for quicker even cooking.

Prepare the vegetables. Place them in a large bowl and coat them lightly with oil. Sprinkle a generous amount of dry rub over them then skewer them alternating the veggies with the tofu or vegan sausage.

Heat the grill to medium high. Cook 4-5 minutes on each side until they begin to brown. Serve with rice and enjoy!

Coconut Rice

2 cups Jasmine white rice
1 15 oz. can coconut milk
2 cups filtered water
1 teaspoon agave syrup
½ teaspoon sea salt

Measure the rice and pour it into a medium bowl. Add water to the bowl until the rice has been covered by 1-2 inches of water. Stir the rice to remove the excess starch and the water becomes milky, drain it well then transfer to a medium saucepan.

Pour the coconut milk into a two-cup liquid measuring cup. Add enough water to make two cups of liquid then pour it into the rinsed rice. Add an additional two cups of water, the agave syrup (or substitute with sugar), and salt. Bring to a boil, reduce the heat and simmer for about 20 minutes until all the liquid is absorbed. Serve hot, top with a garnish of chopped cilantro, scallions, or a sprinkle of sesame seeds.

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Special Thanks to Barons Market and Grocery Outlet for supplying awesome products for our free community cooking classes: Vegan Cooking 101

