

A Vegan Spicy Italian Sausage

Suppose the SHTF tomorrow, and you have no meat products stored up, or since we are in hurricane season, the local grocery store shelves are bare including the freezer section. What would you do? Suppose your garden did well, and you have more vegetables than you know what to do with, how will you survive? You could exist on a diet of vegetables with no problem, however like most people, if the time goes on for an extended period, you are going to want meat.

Below I have provided you with a vegan recipe that looks and tastes similar to homemade sausage. Try it, as you just may enjoy it.

Ingredients

Spice Mix:

1 1/2 tsp of garlic powder

1 1/2 tsp of crushed fennel

1/2 tsp of black pepper

1 tsp of salt

1 1/2 tsp of sweet paprika

1 1/2 tsp of smoked paprika

1/2 tsp of red pepper flakes

1 tsp of oregano

1/8 tsp of allspice

For the Sausage:

2 tsp + 2 tsp of olive oil

1 cup of chopped mushrooms

1/4 cup of finely chopped onion

1 minced garlic clove

1 - 15 oz can of drained and rinsed black eyed peas

1 Tbsp of sun-dried tomato paste

1/4 cup of nutritional yeast

1/2 cup of brown rice flour

1 tsp of xanthan gum

3 Tbsp of gluten free, vegan Worcestershire Sauce

A few drops of Liquid Smoke (optional)

Instructions

Prepare the spice mix in advance and set it aside. Heat your skillet with 2 tsp of olive oil. Sauté the onions, the mushrooms, and the garlic until all is soft, and then set that aside.

Take a large bowl, and add the black-eyed peas, and proceed to mash them up. A fork, hand potato masher, or just squeeze them with your hands. Alternately, you could use a food processor, but be warned you do not want it pureed, only a rough chop. Now add the tomato paste, nutritional yeast, spice mix, and brown rice flour. Proceed to mix well.

Sprinkle the xanthan gum into the mixture, and work it in well. Add the cooled veggie mixture to the bowl, and continue to mix with the dry ingredients. Finally, add the Worcestershire sauce to the bowl, and combine everything. If you are using Liquid Smoke, you can add it in now.

Divide the mixture into four parts, forming each into a log shape. Wrap each log individually in aluminum foil, and steam them for 20 minutes. Let them cool to room temperature after which refrigerate overnight. This will firm the mixture.

When you are ready to use your sausage, simply unwrap it, and as you deem. You might wish to cook them on a grill pan, with a topping of mustard and sautéed bell peppers and onions.

Try making some before the SHTF so you know how and whether it suits your family's appetite.