

Vegan Andouille Sausage

Dry ingredients:

1 cup Vital Wheat Gluten
1/2 cup soy flour (I substituted with whole wheat)
2 Tbl nutritional yeast
1 1/2 tsp paprika
1/2 ground black pepper
1 1/2 tsp red pepper flakes
1 teaspoon dried thyme

Wet ingredients:

1/2 cup water
1 Tbl Bragg's liquid aminos
1 Tbl tahini
1/4 cup ketchup
2 Tbl extra virgin olive oil
2 Tbl vegan Worcestershire sauce
3/4 tsp hickory liquid smoke

- 1) Mix the dry ingredients together in a bowl.
- 2) Whisk the wet ingredients together in a separate bowl.
- 3) Mix the wet ingredients in with the dry until it forms a dough.
- 4) Break into four balls, and roll each ball into a 6 inch log.
- 5) Wrap each log very tightly in aluminum foil and twist the ends.
- 6) Put into a steamer pot and steam for 40 minutes, covered. Let cool, keep refrigerated until eating.

Cooked greens

20 cups greens such as spinach, lamb's quarters or kale
½ tsp liquid smoke
4 Tbl olive oil
Salt to taste

- 1) Wash greens and thoroughly dry.
- 2) Heat stove to medium high, and in a large pot, add olive oil and half of your greens.
- 3) Occasionally stir greens as they cook for 2 minutes.
- 4) Add liquid smoke and the rest of the greens.
- 5) Occasionally stir greens as they cook for another 4-5 minutes.

Black beans

2 cans black beans
½ cup cilantro

- 1) Mince cilantro.
- 2) Cook beans and cilantro in a medium pot over medium heat for 10 minutes.