

Spicy Italian Sausage



Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

These 100% plant-based sausages deliver big, bold, authentic flavor - without gluten or soy. They said it couldn't be done... but Longève Original Plant-Based Protein Crumbles (and some clever use of pantry items) makes it possible! They cook up golden brown and crisp, with a meaty, tender interior. They can be enjoyed whole, sliced or crumbled in any of your favorite old-world Italian recipes.

- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon black pepper
- 1/4 teaspoon fennel seed, toasted and crushed
- 1 tablespoon tomato paste
- 1 tablespoon olive oil
- 2/3 cup water, boiling
- 1 cup Longève Original Crumbles
- 2 tablespoons oats, regular and quick
- 1 tablespoon psyllium husk
- 2 tablespoons cornstarch
- 2 tablespoons olive oil

In a mixing bowl, combine Italian seasoning, salt, onion powder, garlic powder, paprika, chili flakes, black pepper and fennel seed. Whisk together the tomato paste, olive oil and boiling water. Whisk the liquid mixture into the spices, stir in the Longève crumbles and let stand 5 minutes to rehydrate.

Pulse the quick oats in your food processor a few times to grind them into a coarse meal. Be careful not to overprocess into a flour. Remove oats from food processor and set aside.

Add the rehydrated Longève mixture to the food processor and pulse about eight to ten times to chop the Longève roughly. This will help make the sausage denser and more bound, but do not over process; you want retain the meaty texture of the crumbles. Transfer the Longève back to the mixing bowl and fold in the psyllium husk, ground oats and corn starch. Let stand ten to fifteen minutes to ensure all the residual moisture has been absorbed.

Shape the mixture into four sausage links, about one inch in diameter.

To cook, heat one to two tablespoons olive oil in a heavy, non-stick or well-seasoned cast iron skillet over medium heat. Add sausages and cook for eight to ten minutes, turning frequently to achieve a deep, golden brown color all around. If the heat is too high the sausages will brown too quickly and may be too moist inside. Make sure to cook thoroughly at a moderate temperature.

Remove from pan and let rest for a few minutes before enjoying as is, or in your favorite recipes.

Per Serving (excluding unknown items): 169 Calories; 11g Fat (57.4% calories from fat); 7g Protein; 11g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 391mg Sodium; 1g Total Sugars; trace Vitamin D; 19mg Calcium; 2mg Iron; 110mg Potassium; 120mg Phosphorus. Exchanges: 1 1/2 Grain(Starch).