

Plant-Based Sausage Patties

INGREDIENTS

1/2 cup textured vegetable protein
1/2 cup very hot water
1/2 cup whole wheat flour
1/4 cup oat bran
2 tbsp nutritional yeast
2 tbsp ground flax seeds
1/2 tsp fennel seeds
1/2 tsp chili flakes (optional)
1 tsp garlic powder
1/2 tsp dried sage
1/2 tsp smoked paprika
1/4 tsp freshly ground black pepper
1/4 cup water
3 tbsp low-sodium soy sauce
1 tsp maple syrup or agave
1/2 tsp blackstrap molasses
1 to 2 tbsp vegetable oil (optional)

METHOD

1 Prep. First, place the textured vegetable protein in a medium bowl. Add the very hot water and mix. Let soak for 7–10 minutes.

Next add the whole wheat flour, oat bran, nutritional yeast, ground flax seeds, fennel seeds, chili flakes (if using), garlic powder, dried sage, smoked paprika, and freshly ground black pepper. Stir well to combine.

Then add the water, low-sodium soy sauce, maple syrup or agave, and blackstrap molasses. Mix until combined. Let the mixture sit for about 15 minutes so the ingredients absorb the liquid and flavors.

2 Form the Patties. Using your hands, shape the mixture into patties about 1/2 inch thick and 2 inches wide. This recipe makes about eight 1 1/2-ounce patties.

TIPS & ADDITIONAL INFORMATION

TVP is a soy-based plant protein often used as a substitute for ground meat. You can buy TVP in large supermarkets, health food stores, or online.

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METHOD (continued)

3 Cook & Serve. Heat a large stainless steel or cast iron pan over medium to medium-high heat. Once hot, add the vegetable oil if using, then add the patties.

Cook the first side until golden, about 2–3 minutes. Flip the patties, reduce heat to low, and cook the second side until heated through and crisp and golden on the outside.

Alternatively, place the patties on a parchment-lined baking sheet and bake at 350°F (177°C) until heated through and golden.

TIPS & ADDITIONAL INFORMATION

Nutritional yeast is a flaky, savory seasoning with a mild cheesy flavor. You can find it in most grocery stores, usually in the baking or health food section.