

Vegetarian Black Bean Breakfast Sausage



Ingredients

- 1 cup drained, rinsed can black beans
- 4 3/4 cup vegetarian sausage binder
- 1 cup cooked barley
- 2 TB fresh sage
- 2 tsp kosher salt
- 2 tsp black pepper
- 1 tsp hot pepper flakes
- 1 tsp dried thyme
- 1 tsp sweet paprika
- 1 tsp onion powder
- 2 TB maple syrup
- casings

Info

- **Prep:** 1 hour
- **Cook:** 12m
- **Serves:** 12 sausages
- [Source](#)

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Rate



Directions

1. In a large bowl, mash beans with potato masher until only slightly chunky.. - Stir in sausage binder, barley, spices, and maple syrup until well combined
2. Test it in skillet, adjust seasonings
3. Stuff mixture into casings - makes about 12 sausages.
4. In a large shallow pan of gently simmering water, poach for 10 minutes or until sausages reach 160F internal temp. DO not allow water to rise about 170F

5. Remove from water and let cool completely.

[sausagemaking](#), [sausage casings](#), [black beans](#), [vegatarian](#), [barley](#), [sage](#), [maple syrup](#)

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