

# Vegan Italian Sausage (Seitan Sausages)

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/best-vegan-italian-sausage-recipe>

## Ingredients:

- 1 cup water
- 2 tablespoons tomato paste or 1/4 cup sun-dried tomatoes
- 2 tablespoons oil
- 1 tablespoon soy sauce
- 2 teaspoons fennel seeds
- 2 teaspoons Italian herbs
- 2 teaspoons smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 7 ounces tofu 1/2 of a 14 oz block of tofu- pressed
- 1 1/3 cups vital wheat gluten
- 1/4 teaspoon cayenne pepper or 1/2 teaspoon red pepper flakes, Use less or omit if you don't want spicy sausages.

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 10 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 35 grams
6. SaturatedFat: 1 grams
7. Sodium: 310 milligrams
8. Sugar: 1 grams

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