

# Vegan Italian Sausage Crumbles with TVP

Yield: 8 min  
Total Time: 15 min

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

## Ingredients:

- 1 cup water
- 1 cup low sodium soy sauce or 2 ½ tablespoons Bragg's liquid aminos
- 1 tablespoon pure maple syrup
- 2 teaspoons liquid smoke
- 1 teaspoon blackstrap molasses may be omitted, used primarily for color
- 1 cup tvp textured vegetable protein
- 1 cup nutritional yeast
- 1 tablespoon Italian seasoning
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground sage
- 1 teaspoon ground fennel
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes optional

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 17 grams
3. Fat: 2 grams
4. Fiber: 7 grams
5. Protein: 12 grams
6. Sodium: 1080 milligrams
7. Sugar: 3 grams

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