

Monthly
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Simply Seasonal

Fava Sausage

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Fava Sausage

Ingredients

- *1 cup dry or 2 cups cooked fava beans
- 3 Tbsp olive oil
- 1 cup nutritional yeast
- $\frac{3}{4}$ tsp ground fennel
- 1 tsp ground black pepper
- 2 Tbsp Braggs Liquid Aminos or soy sauce
- 1 $\frac{1}{2}$ tsp oregano
- 1 tsp sea salt
- $\frac{1}{4}$ tsp cayenne pepper
- 1 Tbsp garlic powder
- 1 Tbsp stoneground mustard
- 1 tsp ground allspice
- $\frac{1}{2}$ cup water
- * $\frac{1}{2}$ cup flour (wheat or gluten free such as amaranth or buckwheat)
- *can be sourced locally

Directions

1. Soak 1 cup dry fava beans in water for 12-18 hours. Drain, cover with water and cook 1-2 hours or until tender.
2. Place all ingredients in food processor and blend until smooth. Add additional water if too dry.
3. Steam sausage in a double boiler for 30-45 minutes, 'til thoroughly steamed but not forming a crust. Refrigerate.
4. Uses: As a base for dip, adding mayonnaise or olive oil OR formed into patties or balls, baked 15 min at 350°F, turned and baked an add'l 15 min.

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