

Southwestern Sausage & Potatoes

Sausage:

- 1 15 oz can pinto beans, drained and mashed
- 1 1/2 cups vital wheat gluten
- 1/4 cup nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1 tablespoon adobo sauce
(or 1 teaspoon of adobo seasoning)
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil
- 1 cup vegetable broth

Potatoes:

- 5 lbs. russet potatoes, scrubbed and washed
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 green bell pepper, diced
- 1 medium onion, diced
- 1/4 cup olive oil
- salt & pepper to taste

Mash the beans in a medium mixing bowl then add the remaining ingredients, stir well then turn out onto a lightly floured cutting board, the dough will be sticky. Use additional sprinkles of the vital wheat gluten while kneading the dough, just enough until the dough becomes elastic and not sticky. Continue kneading the dough for 10-15 minutes until it begins to feel firm.

Divide the dough into 8-10 pieces. Roll each piece of dough into a sausage roll it up in a corn husk that has been soaked in water, twist and tie the ends. Double wrap each sausage to prepare them for steaming.

Heat a large steamer or prepare a pressure cooker with a steaming rack. Steam on medium low heat for 50-60 minutes or using a pressure cooker, lock the top on the pot and steam at full pressure for 20 minutes.

Unwrap the steamed sausage, slice them and cook them on a hot griddle with a drizzle of olive oil and agave syrup. Cook 8-10 minutes stirring occasional or until the sausages caramelize and begin turning golden brown.

The Potatoes:

Prepare the potatoes while the sausage is steaming. Heat a large skillet with 1/4 cup of olive oil or vegetable oil. Add the potatoes and cook stirring occasionally about 10-15 minutes, add the onion, continue cooking 3-5 minutes, next add the bell peppers and continue cooking until the potatoes are golden brown. Season with salt and pepper, serve with the prepared sausage.



Braided Apple Puff Pastry

- 1 package frozen puff pastry (2 sheets)
- 1 can apple pie filling
- 1 can non-dairy cream cheese frosting

Remove the puff pastry from the freezer about 30 minutes before baking.

Lightly flour a piece of parchment paper. Take one sheet of puff pastry and unfold it on the parchment, using a rolling pin stretch it slightly then fringe cut the left and right edges leaving the center section intact. Lay 1/2 the pie filling down the center section of the pastry and then fold over and braid the fringed edges over the filling.

Repeat with the second sheet of dough. Transfer the pastries to a cookie sheet and chill in the refrigerator covered for 20-30 minutes before baking.

Preheat the oven to 400 degrees. Bake the chilled pastries for 25-30 minutes or until they begin to lightly brown. Remove from the oven. Heat the vegan cream cheese frosting and drizzle on top of the pastry. Cool and serve.

