

Chorizo Seitan Sausage

I LOVE making seitan sausage. Using this method, you can make so many flavors. This recipe it a great chipotle/chorizo flavor. You can use this in sub sandwiches, grind it up in tacos, or have it along side tofu rancheros.



PREP TIME

10 mins

COOK TIME

45 mins

TOTAL TIME

55 mins



COURSE

Dinner, Lunch



SERVINGS

1 serving

CALORIES

192 kcal

INGREDIENTS

- 1/4 c vital wheat gluten
- 1 Tbsp chickpea flour
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cajun spice blend
- 1 tsp chipotle powder
- 1 Tbsp tomato sauce
- 1 tsp oil
- 1/4 c water

INSTRUCTIONS

1. In a small bowl, mix all dry ingredients together.
2. In a separate bowl, mix the tomato sauce, oil and water.
3. Make a well in the dry ingredients, and add the liquid mixture and mix until a dough ball forms, adding 1 Tbsp (15g) vital wheat gluten if it is too sticky or loose.

4. Roll the dough into a log. Place on a piece of aluminum foil and roll up like a tootsie roll, twisting each end.
5. Place in a steamer basket and steam for 45 min.

NUTRITION

Nutrition Facts

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Amount Per Serving

Calories 192	Calories from Fat 49
% Daily Value*	
Fat 5.4g	8%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.3g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Potassium 51mg	1%
Carbohydrates 9.6g	3%
Fiber 2.2g	9%
Sugar 1.1g	1%
Protein 24.7g	49%
Vitamin A 55IU	1%
Vitamin C 1.5mg	2%
Calcium 27mg	3%
Iron 2.4mg	13%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!