Vegan Pepperoni

COOK TIME
1 hr 30 mins

TOTAL TIME
30 mins

COURSE
Dinner, Lunch, Snack

SERVINGS
6 servings

CALORIES
113 kcal

INGREDIENTS

- 1½ cups vital wheat gluten flour
- ¼ cup nutritional yeast
- 2 tsp mustard powder
- 2 tsp paprika
- 1½ tsp crushed fennel seeds
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp cayenne powder
- ½ tsp crushed anise seeds
- ½ tsp white sugar
- ¾ cup cold water
- ¼ cup tomato paste
- 1 Tbsp olive oil
- 2 Tbsp liquid amino acids
- 2 tsp liquid smoke flavoring

INSTRUCTIONS

1. Preheat the oven to 325 degrees F (165 degrees C).

2. Mix vital wheat gluten flour, nutritional yeast, mustard powder, paprika, fennel seeds, salt, black pepper, garlic powder, cayenne pepper, anise seeds, and sugar together in a large mixing bowl.

3. Stir water, tomato paste, olive oil, liquid amino acid, and liquid smoke together in a separate bowl. Stir wet mixture into flour mixture until evenly mixed and a dough forms.

4. Turn dough onto a work surface and knead until smooth. Shape dough into a 1 1/2- to 2-inch diameter log. Wrap log tightly in aluminum foil, twisting both ends to secure. Place on a baking sheet.

5. Bake in the preheated oven for 90 minutes. Remove from the oven, unwrap, and cool to room temperature, about 30 minutes.

6. Slice cooled pepperoni and use as desired. Store in the refrigerator in an airtight container or wrapped in plastic wrap.

NUTRITION

Nutrition Facts

Vegan Pepperoni

Amount Per Serving

Calories 113	Calories from Fat 27

	% Daily Value*
Fat 3g	5%
Carbohydrates 9g	3%
Protein 12g	24%

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

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KEYWORD

soy-free

Tried this recipe?

Let us know how it was!