

Bean Frankfurter

Bean Frankfurter is a healthy sausage with only 183 calories per 100g serving.

Materials	Metric	US
cooked beans	500 g	1.10 lb.
potato flour	200 g	0.44 lb.
vital wheat gluten	100 g	3.5 oz
soy protein isolate	20 g	3 Tbsp
water as needed	180 g	3/4 cup

Ingredients per 1000g (1 kg) of materials

salt	12 g	2 tsp
pepper	2 g	1 tsp
chili powder	8 g	4 tsp
onion powder	5 g	2 tsp
carrageenan	10 g	2 tsp

Instructions

1. Soak beans in water for 4 hours. Drain, then slow cook until tender. Use enough water to cover the beans.
2. Add beans and 1/2 cup water into food processor and chop until a paste is obtained.
3. Add all ingredients except wheat gluten and emulsify.
4. Add vital wheat gluten and blend everything together. Add more water if necessary.
5. Stuff into desired casings (24-26 mm).
6. Cook sausages in water at 176 F (80 C), about 20 minutes.
7. Cool in cold water.
8. Store in refrigerator.

Notes

[Making Oil Emulsion](#)