

# Vegetarian Sausage with Tomato Sauce

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Materials	Metric	US
Tomato Sauce	600 ml	20 oz fl
Textured vegetable protein (TVP)	80 g	2.82 oz
Tofu	100 g	3.5 oz
Tomato paste	30 g	1.05 oz
Cracker meal	200 g	7 oz
Potato starch	20 g	0.7 oz
Guar gum	10 g	0.35 oz
Carrageenan	10 g	0.35 oz
Salt	10 g	0.35 oz
Pepper	2.0 g	0.07 oz
Garlic powder	5 g	0.17 oz
Basil	2 g	0.07 oz
Thyme	2 g	0.07 oz
Oregano	2 g	0.07 oz
Onion	10 g	0.35 oz
Maggi® seasoning	5 ml	1 tsp

## Instructions

1. Mix dry TVP, diced tofu, cracker meal, tomato sauce and paste together.
2. Except starch, guar and carrageenan, add all spices and mix.
3. Add starch, guar, carrageenan and mix all together.
4. Stuff hard into 38 mm casings.
5. Cook in water at 176-185° F (80-85° F) for 20 minutes.
6. Remove and place for 5 minutes in cold water.
7. Remove from water and let it cool.