

# Italian Fennel Sausages

*Swick*

Makes 6 | Active Time: 1 hour 30 minutes | Total Time: 1 hour 30 minutes

## Step 1: Mixing the ingredients

- 1 can of cannellini beans (do not drain)
- 2 cups old-fashioned oats
- ½ cup Nutritional Yeast
- ¾ cup water
- 3 tablespoons of chia seeds or flax meal
- 2-3 cloves finely minced garlic
- 2-3 Tablespoon of fennel seeds
- 2 Tablespoon red miso
- 2 Tablespoon Tomato Paste
- 1 teaspoon each of dried rosemary, oregano, dried parsley, onion granules
- ¼ teaspoon white pepper
- Salt to taste, if needed
- Optional: to add some “heat” to the mixture, add a teaspoon of red pepper flakes.

Once the mise en place is completed, add all ingredients to the container of a food processor.

Pulse until all ingredients are mixed well together. The mixture will resemble a raw veggie burger consistency. If needed, add a few more drops of water. Remove mixture, and place in an air-tight container. Place in refrigerator for 3-4 hours, or overnight.

## Step 2: Wrapping the sausages

- 1 cup of flour (any type)
- 6-8 Brown Rice Spring Roll Wrappers ( you can also use white)
- 8” pie plate, filled with warm water

Remove mixture from refrigerator. Use a 4-ounce scoop to create each sausage. Gently dip mixture in the flour, then, roll into a four-inch sausage shape.

Take one round, rice paper wrapper, and place it in water in the pie plate. Once soft and no longer stiff, about 30 seconds, remove, and place on a flat surface. Smooth out the soft rice paper. Place rolled sausage in the middle of the wrapper, and follow instructions on the package’s reverse side for folding and wrapping the mixture.

Do not fold too tightly, as sausages can burst during the roasting process.

### **Step 3: Cooking the sausages**

Once all sausages are rolled and encased, arrange on a parchment-lined sheet pan.

Place in a pre-heated 350F/176C oven on the middle rack.

Bake for 20 minutes.

Remove from oven, and flip the sausages.

Return to oven for an additional 10 minutes of cooking.

### **Step 4: Serving**

After a 30 minute total baking time, remove from oven. Allow to cool.

Serving Suggestions: serve with pasta, salad, etc. The sausages make a great “peppers and sausages hero.”