

Tempeh Breakfast Sausage

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 8 ounces tempeh, chopped
- ¼ yellow onion, diced (~½ cup)
- 2 teaspoons minced garlic
- ½ teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 ½ teaspoon dried sage
- 1 ½ teaspoon smoked paprika
- 2 tablespoons fresh chopped rosemary
- 2 tablespoons vegan Worcestershire sauce
- 1 tablespoon grapeseed or olive oil
- ¼ teaspoon red pepper flakes, optional

Directions

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Combine all ingredients in a food processor and mix until well combined. Take two tablespoons of the mixture and form into a patties and place onto prepared baking sheet.
3. Bake for 20 minutes or until light golden brown on top.

Notes

Adapted from: [Minimalist Baker](#)

Recipe from [Plant-Powered Meals cooking class, Fall 2017](#)