

Gluten Free Hege Dogs

Joy Barnes

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3 Cups oat flour - sifted
½ Cup nutritional food yeast flakes
2 Tablespoons onion powder
1½ Tablespoons McKay's beef seasoning (no MSG)
1 Teaspoon salt
12.3 oz Mori-nu tofu firm
4 Tablespoons tomato sauce
½ Cup extra virgin olive oil (organic)
½ Cup water

Broth

⅓ Cup tomato sauce¹
2 Quarts water (include any leftover tomato sauce from the 8 oz. jar)
2 Tablespoons McKay's beef seasoning (non GMO)

- ✓ Blend tofu, tomato sauce, oil, and water until smooth. Add to dry ingredients and knead until smooth. In the kneading process, keep adding up to ½ cup of sifted flour. You want the dough to be *smooth* and not sticky.
- ✓ Divide into 36 balls (or 1.6 oz. balls—makes less, but they are bigger).
- ✓ Roll into hot dog shape between your hands².
- ✓ Place in the broth and simmer 1½ hours or slow cooker on high for 6 hours.

1 What I actually do is use an 8 oz. can of tomato sauce and measure out the amounts for the hot dogs and the broth. Then use any leftover with the water to measure up the 2 quarts.

2 Do this immediately after making each ball to avoid hardening too soon.