

## Incredible Hege Dogs

Joy Barnes

July 2, 2024

**3 Cups** gluten 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

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### **Broth**

**⅓ Cup** tomato sauce<sup>1</sup>  
**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.
- ✓ Divide into 36 balls (or 1.6 oz. balls—makes less, but they are bigger).
- ✓ Roll into hot dog shape between your hands<sup>2</sup>.
- ✓ Place in the broth and simmer 1½ hours or slow cooker on high for 6 hours.

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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.