

VEGGIE SAUSAGES

Ingredients

1 medium leek (chopped and fried)
5 oz mushrooms (ditto) OR chopped and fried aubergine
4 oz breadcrumbs
4 tbsps grated cheese (I use Scheeze or Cheezly)
1 large can butter beans, mashed
Tomato puree - optional
Chopped green chilli, or little chilli powder – optional
S. and P.

Method

Mix all together.
Slightly wet hands, and mould into sausage shapes.
Put in fridge (at least ½ hour) till really cold. (This helps sausages not to disintegrate when frying them.)
Fry - in only a little oil!

Delicious - with pickle if needed.