



Homemade Summer Sausage

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon garlic powder
- 2 pounds ground beef
- 1 tablespoon liquid smoke flavoring
- 1 tablespoon mustard seed
- 2 tablespoons sugar-based curing mixture morton® tender quick® (such as)
- 0.8 cup water

Equipment

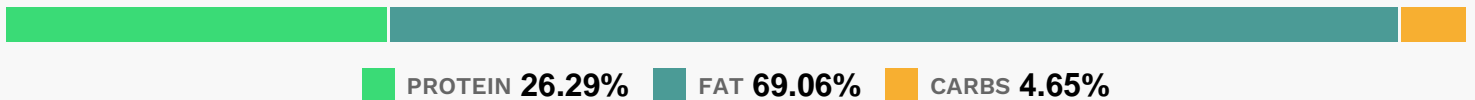
- bowl

- oven
- roasting pan
- aluminum foil

Directions

- In a large bowl, mix together the ground beef and water until well blended. Season with garlic powder, curing mixture, liquid smoke and mustard seed, and mix thoroughly. It is best to use your hands for this – like meatloaf. Form the mixture into two rolls, and wrap with aluminum foil. Refrigerate for 24 hours.
- Preheat the oven to 350 degrees F (175 degrees C).
- Remove foil from the beef, and poke holes in the bottom of the rolls.
- Place them on a roasting rack in a shallow roasting pan to catch the drippings.
- Bake for 1 hour in the preheated oven. Cool, then wrap in plastic or foil, and refrigerate until cold before slicing.

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:13.352608884563%

Nutrients (% of daily need)

Calories: 409.58kcal (20.48%), Fat: 30.92g (47.57%), Saturated Fat: 11.64g (72.74%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.43g (1.61%), Sugar: 4.12g (4.58%), Cholesterol: 107.35mg (35.78%), Sodium: 108.76mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin B12: 3.24µg (53.93%), Zinc: 6.44mg (42.95%), Selenium: 26.58µg (37.97%), Vitamin B3: 6.48mg (32.4%), Phosphorus: 255.11mg (25.51%), Vitamin B6: 0.5mg (24.99%), Iron: 3.12mg (17.32%), Vitamin B2: 0.23mg (13.51%), Potassium: 424.83mg (12.14%), Magnesium: 32.98mg (8.24%), Vitamin B5: 0.78mg (7.76%), Copper: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.39%), Vitamin E: 0.71mg (4.76%), Folate: 13.67µg (3.42%), Calcium: 33.22mg (3.32%), Manganese: 0.06mg (3.13%), Vitamin K: 2.82µg (2.69%), Vitamin D: 0.15µg (1.01%)