

VEGETARIAN BBQ PULLED "PORK"

Prep time: 10 mins. Cook time: 30 mins. Total time: 40 mins

Jackfruit takes the place of pulled pork in this fall-apart tender and flavorful vegetarian sandwich.

Author: Blissful Basil

Recipe type: Sandwich

Cuisine: American

Serves: 4

Ingredients

- 1 can green, young jackfruit in water or brine
- 1 small onion, diced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon smoke salt (optional)
- ½ teaspoon garlic powder
- ⅛teaspoon cayenne pepper
- 1 tablespoon brown sugar
- ½ cup barbecue sauce
- ¼ cup water
- 4 whole-wheat buns

Instructions

Heat olive oil in a large nonstick skillet over medium heat. Add onion and garlic and sauté until tender (5-7 minutes).

Drain and rinse the jackfruit in a strainer. Cut the core of the jackfruit (the triangular tip) from the flesh and discard the core.

Mix chili powder, cumin, smoke salt, garlic powder, cayenne pepper, and brown sugar together in a medium bowl. Add in the jackfruit flesh and toss to coat.

Add seasoned jackfruit to the skillet with the onions and garlic. Sauté for 5 minutes.

Whisk the barbecue sauce and water together. Pour into the skillet with the jackfruit. Cover and simmer for 20-25 minutes or until tender.

While the jackfruit simmers, toast the buns in a toaster.

Remove the lid from the skillet and shred the jackfruit with a fork. Continue to simmer with the lid off for 5-10 minutes or until the barbeque sauce is reduced.

NOTE: you can either enjoy the "pulled pork" as is OR spread it on a baking pan and bake it in a 350 degree oven for 20 minutes. Readers have reported that this makes the texture more "pork" like.

Fill each of the buns with a mound of jackfruit and top with garnishes of choice (ideas: pickled red onions, cilantro, parsley, etc).



Source: <https://www.blissfulbasil.com/bbq-pulled-pork/>

Pam's Note: Instead of sautéing vegetables in oil, sauté in water or veg broth a few tablespoons at a time to keep the food from sticking. Watch carefully to avoid drying out. Shred with two forks. Be sure to get the jackfruit that is packed in water (not syrup).

