

Jackfruit “Pulled Pork” Sandwiches

Ingredients:

- 2 20 oz cans young green jackfruit in brine or water
- ½ onion sliced
- 3 cloves garlic
- ¼ cup vegetable broth/water
- ¾ cup bbq sauce
- BBQ sandwich toppings: Buns, onions, jalapenos, pickles, mustard

Directions:

1. Preheat oven to 400 degrees. Lightly grease a baking pan or use silicone mats.
2. Drain and rinse the jackfruit. Shred the jackfruit a bit with two forks or cut into chunks.
3. Add a bit of water to a skillet and heat over medium high heat. Add the onions and garlic. Sauté about 5 minutes.
4. Add the chopped jackfruit and vegetable broth. Cover and cook about 8-10 minutes or until the jackfruit is soft enough to mash.
5. Mash the jackfruit until it's at the desired consistency and then spread it onto a baking pan. Bake for 15 minutes.
6. Remove from oven, pour ½ cup bbq sauce and stir. Bake another 10 minutes or until ends begin to burn.
7. Add in remaining bbq sauce, stir, and serve with toasted buns and bbq sandwich toppings.