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# JACKFRUIT PULLED "PORK" WITH HOMEMADE "TABLESPOON" BBQ SAUCE\*

SERVES 6

## INGREDIENTS

- 2 14 oz cans green jackfruit, drained
- 1 6 ounce can tomato paste
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon chili powder
- 1 tablespoon smoked paprika
- 1 tablespoon liquid smoke
- 1 tablespoon coconut aminos\*
- 1/4 cup apple cider vinegar
- 1/2 cup maple syrup
- 1 tablespoon spicy brown mustard
- 1/2 teaspoon salt
- 1/2 tsp ground black pepper
- 1 oz dark chocolate or 1 square of a bar
- 1/2-1 cup water, to desired consistency



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## INSTRUCTIONS

1. Drain the 2 cans of jackfruit into a colander and rinse them under running water. While the jackfruit is still in the colander, use your fingers or 2 forks to "shred" the jackfruit into strands that resemble shredded meat.

2. Place all ingredients (except for the dark chocolate and the jackfruit) with 1/2 cup water in a saute pan or skillet and warm over medium heat, stirring frequently. Simmer until ingredients well-blended, about 5-10 minutes. DO NOT BOIL. Add more water to reach your desired consistency. Add the dark chocolate and stir until melted.

3. Add in the jackfruit, and stir well to get every piece coated with the sauce. Cook until heated through. Serve the jack fruit pulled pork on a bun (or lettuce) with your favorite coleslaw.

### \*Notes:

- You can also pulse the jackfruit in a food processor or chop with a butcher's knife.
- BBQ sauce recipe makes 2 cups.
- You can serve over rice if you prefer. It can also be the filling for quesadillas or tacos. Leftovers can be stored in an airtight container in the fridge for up to 1 week.
- If you want more heat, add a dash or two of hot sauce or 1/8 tsp cayenne pepper. For a smokier flavor, add more smoked paprika or liquid smoke. Add an extra splash of maple syrup if you prefer sweeter barbecue sauce.
- Liquid aminos is a gluten-free low-sodium option that can be used in place of Worcestershire sauce
- I like my jackfruit to have the mouthfeel of pork, so I dry it out a bit by baking it for 15-20 minutes @ 350F. Just place on a baking sheet lined with parchment paper and check it about halfway.