

Vegan Pulled Pork Wrap with Avocado

This vegan pulled pork wrap with avocado makes such a delicious and comforting vegan dinner! It's a real crowd-pleaser and I'm sure you'll love it as well!

Course	Main Course
Cuisine	American
Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes
Servings	4 wraps

Ingredients

For the vegan jackfruit pulled pork:

- 1 onion, chopped
- 2 cloves garlic, minced
- 2 20 oz. cans young jackfruit in brine or water
- 1/2 teaspoon cumin
- 2 teaspoons paprika powder
- 1 pinch red pepper flakes, to taste (optional)
- 3/4 cup BBQ-sauce
- 1/2 teaspoon liquid smoke optional, but recommended
- 1/4 cup vegetable broth
- salt, to taste
- black pepper, to taste

For the vegan yogurt sauce:

- 1 cup unsweetened vegan soy yogurt Alternatively you can also use vegan cashew sour cream (Find the link in the text above)
- 1 tablespoon finely chopped parsley
- salt, to taste
- black pepper, to taste

For the wraps:

- 4 vegan tortillas
- 2 tomatoes, chopped
- 1/2 cup corn
- 1 avocado, cut into small pieces
- lettuce
- 1 red onion, cut into stripes

Instructions

1. Drain and rinse the jackfruit. Remove the core and put it in a mixing bowl. Stir in the spices (paprika

- powder, cumin, red pepper flakes, salt, and pepper). The jackfruit pieces should all be nicely covered.
2. In a medium pan, heat the olive oil over medium heat. Sauté the onion for about 3 minutes or until it becomes translucent. Then add the garlic and cook for another minute.
 3. Add the jackfruit and cook for about 3 minutes. Then add the BBQ sauce, the liquid smoke (if using), and the vegetable broth and cook for another 15- 20 minutes. Use a fork to shred the jackfruit.
 4. In then meantime, make the vegan yogurt sauce. Put the soy yogurt (make sure it's unsweetened) in a small bowl and stir in the chopped parsley. Season with salt and pepper.
 5. Serve the vegan jackfruit pulled pork on tortilla wraps together with the chopped tomatoes, lettuce, avocado, corn, red onions, and the yogurt sauce. Roll them up and enjoy!