

If you like or crave a “Bar-B-Que Pulled Pork Sandwich,” You will love this version of a “Vegan Jack Fruit Pulled Pork Sandwich.”

- 1.) 1 can of Jack fruit: Trader Joes has can Jack Fruit available.
- 2.) Medium onion- optional/add desired amount
- 3.) Desired bun/ bread
- 4.) grapeseed oil or avocado oil
- 5.) ½ cup bar-b-que sauce
- 6.) Black pepper and garlic powder optional to taste

Drain water out of jack fruit can, and squeeze the water out of each piece of jack fruit. Finely chop onion (set aside). Coat the bottom of a skillet with oil, when warm add onions and lightly sauté with optional seasoning; add jack fruit. Using a spoon, toss around in pan and chop until stringy (use two forks to shred the jackfruit as it cooks down and keep heat low). Cook for about 15mins adding more oil if needed and you may use a table spoon of water if you don't want to use oil; add bar-b-que sauce and simmer for an additional 10 min. Note: pick a bar-b-que sauce that is low in sugar and read the ingredients. When done; add to bun and enjoy 😊