

## Pulled Jackfruit and Mushroom BBQ

*A super tasty plant-based twist on the classic pulled barbecue sandwich - perfect for family get-togethers and backyard BBQ's.*



### Vegetable Ingredients

- 1 onion
- 1 green bell pepper
- 1 jalapeno
- 8 ounces mushrooms
- 2 Tbsp minced garlic
- 1 16 ounce can young green jackfruit

### Sauce Ingredients

- 1 8 ounce can tomato sauce
- ¼ cup vinegar\*
- ¼ cup maple syrup
- 2 Tbsp tomato paste
- 2 Tbsp molasses
- 2 Tbsp Worcestershire sauce\*\*
- 1 tsp liquid smoke
- ½ tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp black pepper
- Dash red pepper flakes
- Salt to taste (optional)

### Pulled Jackfruit and Mushroom BBQ Sandwich

- English muffins or Hamburger buns

### Instructions

1. Chop the onion and bell pepper, minced the jalapeno, and slice or chop the mushrooms.
2. Drain, rinse, drain, and shred the jackfruit. You want the jackfruit to resemble strands. For the pieces that don't shred easily, cut them into thin strips.
3. Over medium heat, sauté your vegetables until cooked. Add vegetable broth or water as needed to keep the vegetables from sticking to the pan.
4. Add the shredded jackfruit and stir to combine.
5. Add the remaining sauce ingredients and cook until the sauce has thickened, stirring occasionally, about 10-15 minutes.
6. Remove from heat and scoop some of the Pulled Jackfruit and Mushroom BBQ filling onto a toasted English muffin or warm hamburger bun.

### Notes

\* Feel free to use any vinegar – I used pomegranate vinegar because I like the flavor but it isn't always available. Apple cider vinegar, balsamic vinegar, white or red wine vinegar all work great in this recipe.

\*\* Lord Sandy's Worcestershire sauce is vegetarian and is available at most grocers.