



JACKFRUIT TACOS

INGREDIENTS

- 1 can green jackfruit, drained/rinsed
- 1 tablespoon extra-virgin olive oil
- 1/2 red onion, diced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon garlic powder (or 2 cloves minced garlic)
- 2 tablespoons tomato paste (with no added salt)
- 1 tablespoon maple syrup
- 1 tablespoon lime/lemon juice
- 1/2 teaspoon salt
- Water, as needed



Jackfruit has a neutral flavor and does a good job absorbing flavors!

DIRECTIONS

1. Drain canned jackfruit and rinse to remove brine. Use fingers to 'shred' the jackfruit into pieces that resemble shredded meat.
2. Heat olive oil in a large skillet over medium heat; sauté until soft.
3. Add cumin, chili powder, and garlic to skillet and stir. Add jackfruit and stir again. Add water if seasoning sticks to pan.
4. In a small bowl, stir tomato paste, maple syrup, lime juice, salt. Add ~2tbsp water to help thin out into a sauce that resembles the texture of ketchup.
5. Add sauce to skillet and stir well to coat the jackfruit. Cook and stir until heated through.
6. Serve warm, in your favorite taco shells and with your favorite toppings.

TOPPING IDEAS

- Avocados
- Fresh cilantro
- Tomatoes
- Fresh lime
- Corn