

# 10 VEGAN JACKFRUIT DINNERS

THE COMFORT CRAVINGS YOU KNOW AND LOVE WITH A FEW SIMPLE SWAPS



BY NICOLETTE WAX FROM HOME-COOKED ROOTS

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# NOTE FROM ME

Hey there!

I am so excited to share these vegan jackfruit recipes with you.

All of these recipes pair well with the recipes in my Secret Formula sauce ebook. I use those sauces almost on a daily basis in my home kitchen, and I wanted to share a collection of recipes with you that can inspire you to start incorporating them into your own meals, too!

These jackfruit dinners are some of my absolute favorite recipes I've had since going vegan. Jackfruit makes one of the best whole food meat substitutes because it's just one ingredient and can be so flavorful and melt-in-your-mouth when cooked properly.

I also worked hard to make these recipes as comfort food-like, yet as healthy as possible. You'll notice that every recipe is not only vegan, but most are also oil-free and refined-sugar free and contain gluten-free options!

I hope your family loves these recipes as much as mine does.

It's pretty amazing how much flavor can be derived from just plants!



- Nicolette Wax



# JACKFRUIT 101

## WHAT IS JACKFRUIT?

Jackfruit is a huge fruit that is in the same family as figs, mulberry and breadfruit. It typically grows on trees in tropical and subtropical areas of the world and is very unique looking (picture a 25 pound elongated spiky looking fruit growing on the side of a tree trunk!)

Jackfruit is also very mild in flavor and takes on the flavor or whatever you season it with. As you'll see in this book, it makes for an excellent chicken and pulled pork replacement.

## WHERE DO I BUY IT?

Jackfruit is found in most grocers these days, typically in the international sections or canned fruit sections. There are three main types of jackfruit you will find in stores.

1. Fresh jackfruit - either sold whole or broken into large chunks of fresh fruit, typically found in Asian markets. Cutting a whole jackfruit on your own is very laborious and messy - I hear it's also incredibly sticky!
2. Canned jackfruit in syrup - This is specifically for desserts and cannot be substituted in savory recipes.
3. Canned jackfruit in brine (the most popular, recommended option) - This option is what I used to develop all of these recipes you'll find in this book. You'll find this option most easily in almost any large grocery store these days.

## WHAT BRAND SHOULD I BUY?

My favorite, preferred brand of jackfruit in brine is by Native Forest. I have also tried the Trader Joe's brand and really enjoyed it! I did not find much of a difference between the brands. Further, the Native Forest brand is a 14.5 ounce can and the Trader Joe's can is 20 ounces, however, the drained weight is almost the exact same. I use the cans interchangeably in these recipes.

## ARE THE PODS SAFE TO EAT?

You will notice in a can of jackfruit that there are some tougher round shaped pod-like pieces. Some people prefer to discard these, but I don't find that to be necessary. They are perfectly good to eat and get a lot softer once slow cooked!



# FAVORITE METHODS OF PREPARATION

Almost every recipe in this ebook calls for shredded jackfruit. My favorite way to shred jackfruit is in the stand mixer with the paddle attachment. It shreds it perfectly in one minute.

When I don't have a stand mixer, I'll chop it/pull it apart by hand into shredded pieces or if applicable, cook it in the Instant Pot whole and mash the jackfruit with a potato masher after cooking.



Secondly, I find that when people try jackfruit and don't enjoy it, it boils down to two main problems:

1. **It wasn't cooked long enough.**
2. **It wasn't seasoned well enough to mute the sour, brine flavor.**

This is why I almost always recommend cooking jackfruit in either the Instant Pot or the slow cooker. It really requires a decent cook time to get that melt in your mouth texture. You're not going to get the same result cooking it on the stovetop for 10 minutes.

Slow cookers are also both handy and affordable - I highly recommend investing in one if you are committed to enjoying the best jackfruit possible. I picked mine up for under \$30!

# HOW TO USE THIS BOOK FOR EASIER WEEKNIGHTS

## 1. STOCK THE STAPLES

It's a lot more fun to cook at night when you don't have to run to the store in the middle of a recipe or substitute half of the ingredients and hope for the best. The following ingredients come up frequently in these recipes and vegan recipes in general! Great to have at all times for easy cooking.

- jackfruit
- vegetable broth
- canned butter beans
- cashews
- cauliflower
- canned tomatoes
- corn tortillas
- frozen corn
- miso paste
- onion
- garlic
- black beans
- northern beans
- rice
- diced green chilis
- date syrup

## 2. BATCH COOK

I will be the first to admit that cooking all of my meals on a Sunday and pre-portioning them out for the week has never worked for me. First and foremost, I don't want to spend an entire day cooking. And secondly, what I meal prepped almost never sounds good by Tuesday, let alone Friday. This leads to guilt, frustration, and wasted money and food. If this sounds like you, too, don't worry - you can still plan ahead without locking yourself into meals for the week.

The answer? Batch cooking! If you know you like to eat Mexican inspired recipes at least once or twice a week, make a large batch of carnitas on Sunday and add it to whatever Mexican recipe ends up sounding good throughout the week. Or if you know you want to make a creamy soup and a few sauces to add to your foods throughout the week, you can prep a double batch of the secret sauce base on Sunday so you cut down on prep time throughout the week.

## 3. DOUBLE AND FREEZE

Almost every recipe in this book freezes well, including the enchiladas! Whenever I make a dinner I know my family loves, I always double or even triple the recipe and freeze the excess. BBQ Jackfruit, for example freezes really well and you can make a lot of it at once in the slow cooker.

Having fully precooked meals or even meal components that you can pull out of the freezer on super busy week days is not only a sanity saver but will save you tons on impromptu takeout.

# DOUBLE AND FREEZE 101

## GENERAL RULE OF THUMB

When freezing anything it's generally a good idea to follow a few rules.

1. Wait until it's room temperature. Freezing anything warm will not only raise the overall temperature of your freezer, but it also almost guarantees whatever you are freezing will have major freezer burn.
2. When freezing liquids, leave room for expansion, especially if freezing in glass jars!
3. Label, label, label! Always write what it is and when you froze it.

## FREEZING SOUPS

Almost all soups are very freezer friendly, including the two in this book! I love freezing soups in Souper Cubes. It allows you to defrost single servings one at a time and is meal prep friendly.

## FREEZING JACKFRUIT

- I absolutely love making double or triple servings of the BBQ Jackfruit, Carnitas Jackfruit, or Taco Meat and freezing the excess. Then I defrost a few servings on Sundays and add it to pretty much anything all week long!
- In addition to using Souper Cubes for soups, I also use it to freeze individual Jackfruit servings.
- I also will freezer larger portions in either gallon ZipLock bags or my reusable silicone bags. You can also vacuum sealed freezer bags for longer term freezer storage.

## FREEZING CASSEROLES

Although freezing casseroles is a little bit trickier than freezing soups or jackfruit, it can be done! If I am going to freeze a casserole, I will typically only cook it 3/4 of the way through. For example, if the casserole typically cooks for 30 minutes, I will only cook it for 22-23 minutes. This prevents it from overcooking when I bake it the final time after freezing, but long enough to blend the flavors together.

**Freezing small portions:** If you are making a casserole that's easily cut into squares like lasagna or french toast casserole, allow it to cool completely, cut it into individual slices and freeze in individual servings using 2 cup Souper Cubes. Thaw in the refrigerator overnight before reheating.

**Freezing whole casseroles:** If you are making a dish like enchiladas, freezing a whole dish can be very convenient! Bake half way in a freezer friendly pan (like aluminum), allow to cool completely, cover with a tight layer of Saran-wrap, then a final layer of foil. Then, thaw completely in fridge, uncover and bake at 350 degrees until warmed through.



# SYMBOL GLOSSARY

You will notice at the top of each recipe, there are symbols. These symbols are there to help you quickly visualize if a recipe fits a particular dietary restriction or if they will be a good choice for meal prep.



- **Freezer friendly**



- **Meal prep or make ahead friendly**



- **Gluten free**



- **Oil free**



- **No added sugar (unless it's dates syrup or fruit)**

There is also a section that will tell you which sauce(s) pair best with each recipe. If you want to take a shortcut, use store-bought, vegan friendly sauces.

**tzatziki**

**bbq sauce**

**secret sauce**

**sour cream**

**white sauce**

**chili verde salsa**

**nacho cheese**

**ranch**

**mayonnaise**



# **THE SAUCES**

# THE SAUCES

## A QUICK NOTE ABOUT THE SECRET SAUCE AND HOW TO USE

This secret sauce is my starting base for the next six sauces. I call it my secret sauce because it can be turned into practically any condiment. In reading the recipes, you'll notice different sauces are used in and/or recommended to pair with every recipe.

If you don't want to make your own homemade sauces, substitute with your favorite vegan store-bought version. Feel free to contact me if you need brand recommendations.

If you do choose to use them, I recommend prepping whichever sauces you know you'll use throughout the week on Sundays to make weeknight dinner prep faster and easier.

Finally, feel free to experiment with them and mix and match! I regularly use the secret sauce as a "cheese" in vegan baked ziti or use the white sauce as an Alfredo sauce, etc. You could even use the Tzatziki as a coleslaw dressing instead of the mayonnaise. Use my recipes as inspiration and make them your own!

**Note:** Do not make the sauces with the Ninja Professional blender. Because the blade goes up the stem, it is impossible to make smooth sauces in this blender. The blades need to be at the bottom and pull the ingredients down to create a vortex. I use a Vitamix and highly recommend it.



## SECRET SAUCE

### INGREDIENTS

- 15 ounce can butter beans
- 1 cup cauliflower florets
- 6 ounces water
- 1/2 cup cashews
- 1 1/2 teaspoons miso paste

### DIRECTIONS

1. Drain and rinse butter beans. Set aside.
2. Boil cauliflower florets in pot of water until florets are fork tender. Drain boiling water and add florets to blender canister.
3. Blend all ingredients together in high speed blender until completely smooth.
4. Use within 5 days.



# THE SAUCES



## WHITE SAUCE

### INGREDIENTS

- 1 cup secret sauce recipe (page 10)
- 2 cups unsweetened, non-dairy milk (I like to use cashew)
- 2 tablespoons tapioca starch
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 2 teaspoons mustard powder
- 1 clove garlic minced
- 1 tablespoon miso paste
- Sea salt to taste

### DIRECTIONS

1. Blend all ingredients together in large high speed blender, then transfer to a large pot or skillet.
2. Warm through completely until slightly thickened, salt to taste.
3. Enjoy as a pasta sauce or creamy cheese in baked casseroles.



## NACHO CHEESE

### INGREDIENTS

- 1 cup secret sauce recipe (page 10)
- 1 cup Hannah sweet potato, diced
- 1 cup carrot
- 1/4 cup your favorite salsa
- 1 1/2 tsp miso paste
- 2 tbsp nutritional yeast
- Optional: 1/4 cup-1/2 cup non dairy milk to thin out cheese.

### DIRECTIONS

1. Boil sweet potato and carrot in a pot of water until fork tender.
2. Once fork tender, blend all of the ingredients together until smooth. Add the optional non-dairy milk for a thinner cheese sauce.
3. Enjoy for up to 5 days.

# THE SAUCES



## TZATZIKI

### INGREDIENTS

- 1 full sour cream recipe (below)
- 1 grated cucumber (about 1 1/2 cups-2 cups before squeezing out excess liquid)
- 1 clove garlic minced
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon fresh mint, finely diced
- Sea salt to taste, if needed

### DIRECTIONS

1. Grate the cucumber on a clean tea towel. Then, ring out excess liquid in grated cucumber over the sink.
2. Blend together the cream base, silken tofu, lemon juice, apple cider vinegar, and minced garlic until smooth.
3. Fold grated cucumber and diced mint into sauce until combined.
4. Add salt to taste.



## SOUR CREAM

### INGREDIENTS

- 1 cup secret sauce recipe (page 10)
- 4 ounces silken tofu
- 2 tablespoons lemon juice
- 1/2 teaspoon apple cider vinegar

### DIRECTIONS

1. Blend ingredients together until completely smooth.
2. Chill in the fridge for 2 hours.
3. Enjoy for up to 5 days.



# THE SAUCES



## MAYONNAISE

### INGREDIENTS

- 2 cups secret sauce recipe (page 10)
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon date syrup

### DIRECTIONS

1. In a stand mixer with the whisk attachment or with handheld beaters, whip together all ingredients until a lighter whipped texture, 5 minutes.
2. Chill until cold in the fridge, about 2 hours.
3. Enjoy for up to 5 days.



## RANCH DRESSING

### INGREDIENTS

- 1 cup secret sauce recipe (page 10)
- 4 ounces non-dairy milk
- 1 tablespoon dried parsley
- 1 tablespoon dried onion flakes
- 2 teaspoons freeze dried chives
- 1 1/2 teaspoon cream of tartar
- 1/2 teaspoon dried dill
- 1/2 teaspoon garlic granules
- 1/2 teaspoon miso paste
- 1/4 teaspoon pepper

### DIRECTIONS

1. Whisk together all ingredients.
2. Chill until cold in the fridge, about 2 hours.
3. Enjoy for up to 5 days.





# THE SAUCES



## CHILI VERDE SALSA

### INGREDIENTS

- 2 (28 ounce) cans whole tomatillos thoroughly rinsed and drained
- 1 (10 ounce) can fire-roasted diced green chilies
- ½ tablespoons lemon juice freshly squeezed
- 1 tablespoons lime juice freshly squeezed
- ¼ cup cilantro finely chopped
- 1 teaspoon cumin
- ½ teaspoon oregano
- ½ red onion diced
- 2 cloves garlic minced
- 1 teaspoon sea salt to taste
- ¼ teaspoon black pepper
- 1 jalapeño optional

### DIRECTIONS

1. Add the drained and rinsed tomatillos, fire roasted tomatoes with green chilies, lemon juice, lime juice, cumin, oregano, minced garlic and pepper to a large cup food processor. Process until completely combined, about 10 seconds.
2. Add in the diced red onion, diced cilantro and pulse 2-3 times until just incorporated.
3. Taste and season with additional salt, if desired. I tend to add about 1 teaspoon of kosher salt.
4. Enjoy!

### STORAGE

- Store in an air-tight container in the refrigerator for up to 5 days.

# THE SAUCES




## BBQ SAUCE

### INGREDIENTS

- 1 cup tomato sauce
- 1/2 cup date syrup
- 1/4 cup blackstrap molasses
- 3 tablespoons tomato paste
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon Lazy Kettle Liquid Smoke
- 1/4 teaspoon onion powder
- 1/8 teaspoon oregano
- 1/8 teaspoon cumin
- 1/8 teaspoon chipotle powder

### DIRECTIONS

1. Add all ingredients to a small sauce pan. Whisk together over medium-low heat. Heat through for 5-10 minutes.
2. Store BBQ sauce together in an airtight glass jar in the refrigerator for up to 2 weeks.

The background features a light green, stylized illustration of jackfruits and flowers. Two large jackfruits are positioned diagonally, one in the upper left and one in the lower right. They are surrounded by numerous small, five-petaled flowers on thin stems. The entire illustration is rendered in a light green line-art style.

# **THE JACKFRUIT DINNERS**



# JACKFRUIT CARNITAS





# JACKFRUIT CARNITAS

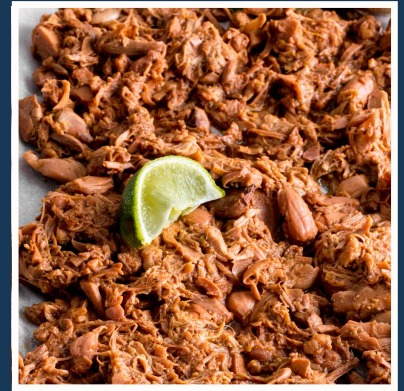


**SERVES: 4**

**PREP TIME: 15 MINUTES**

**COOK TIME: 8 HOURS**

**TOTAL TIME: 8 HOURS 15 MINUTES**



**GOES WELL WITH:**

sour cream

nacho cheese

## INGREDIENTS

- 2 (14 ounce) cans jackfruit in brine
- 4 cloves garlic, minced
- 1 cup orange juice, freshly squeezed
- 2 tablespoons apple cider vinegar
- 1 tablespoon Organic Reduced Sodium Better than Bouillon Organic Vegetable Base
- 2 teaspoons liquid smoke
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon coriander
- ½ teaspoon black pepper

## DIRECTIONS

1. Drain and rinse the jackfruit thoroughly.
2. In a stand mixer using the paddle attachment, or with a knife, shred the jackfruit into a pulled pork texture.
3. Add the shredded jackfruit to slow cooker bowl along with remaining ingredients. Slow cook on low for 8 hours.
4. Optional: After 8 hours, spread carnitas on baking sheet and broil for 10-15 minutes until carnitas are crispy.
5. Serve as tacos, taco salad, quesadilla, nachos, or burrito filling.

## STORAGE

- Store leftovers in the refrigerator for up to 5 days or in the freezer for up to 3 months.



# BAKED JACKFRUIT PITA SANDWICHES





# BAKED JACKFRUIT PITA SANDWICHES



**SERVES: 3-4**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 35 MINUTES**

**COOK TIME: 25 MINUTES**



**GOES WELL WITH:**

**tzatziki**

## INGREDIENTS

### FOR THE JACKFRUIT

- 1 (20 ounce) can jackfruit in brine
- 1 teaspoon oregano
- 1/2 teaspoon dill
- 1/2 teaspoon basil
- 1/2 teaspoon pepper
- 1/4 teaspoon kosher salt
- 1 teaspoon minced onion flakes
- 1/2 teaspoon garlic granules

### FOR THE SANDWICHES

- 4 whole wheat pita pockets
- avocado slices or mashed
- red onion, thinly sliced
- cucumbers, thinly sliced
- tomato, thinly sliced
- **tzatziki sauce (pag**
- optional: Violife vegan feta

## DIRECTIONS

1. Preheat the oven to 350 degrees, Fahrenheit and line a quarter sized sheet pan with parchment paper.
2. Drain and rinse the jackfruit thoroughly.
3. In a stand mixer using the paddle attachment, or with a knife, shred the jackfruit into a shredded chicken texture. Some larger pieces are okay.
4. In a large mixing bowl, mix the shredded jackfruit with the spices until jackfruit is completely coated. Spread the jackfruit on baking sheet and bake for 25 minutes.
5. While the jackfruit bakes, prepare your sandwich fillings - slice cucumber, onion and tomato and slice the pitas in half.
6. Once jackfruit is baked, fill the pita pocket halves with warm jackfruit and desired fillings. Alternatively, you can allow the jackfruit to cool completely and enjoy jackfruit cold.

## STORAGE

- Jackfruit will last for up to 5 days. If making sandwiches for meal prep, store jackfruit and toppings separately from one another and build sandwiches right before eating.



# BEER-BRAISED JACKFRUIT ENCHILADAS





# BEER-BRAISED JACKFRUIT ENCHILADAS



**SERVES: 3-4**

**PREP TIME: 1 HOUR**

**COOK TIME: 12 MINUTES**

**TOTAL TIME: 1 HOUR 12 MINUTES**



**GOES WELL WITH:**

**sour cream**

**secret sauce**

**chili verde salsa**

## INGREDIENTS

### FOR THE FILLING

- 1 yellow onion, diced
- 2 cloves garlic, minced
- 2 (14 ounce) cans jackfruit in brine drained and rinsed
- 1 (12 ounce) beer I used an IPA
- 1 (4 ounce) can fire-roasted diced green chilies
- 1 ½ cups white sweet corn, frozen
- ½ lime, juiced
- ¼ cup chipotle peppers in adobo sauce with tomato (*adjust to your spice preference*)
- 1 tablespoon maple syrup
- 2 teaspoons chili powder
- 2 teaspoons paprika
- sea salt and black pepper, to taste

### FOR THE ENCHILADAS

- 8 corn tortillas
- 2 cups **chili verde salsa (page 14)**
- 1 cup **secret sauce recipe (page 10)** or 1 cup vegan cheese shreds

### FOR SERVING

- ½ cup fresh cilantro
- **sour cream recipe (page 12)**
- lime wedges

## DIRECTIONS

### INSTANT POT JACKFRUIT COOKING METHOD **\*\*best method**

1. Turn on sauté function and heat a splash of water in the bottom of the Instant Pot.
2. Sauté diced onion and minced garlic frequently until fragrant, about 5 minutes.
3. Add in the rinsed and drained jackfruit and remaining filling ingredients (no need to chop jackfruit). Stir well and allow to sauté for an additional 10 minutes.
4. After 10 minutes, stir well to make sure nothing has stuck to bottom of pot, add Instant Pot lid, turn pressure cook on high pressure for 6 minutes. Make sure valve is set to seal.
5. After 6 minutes, release remaining pressure by switching valve to vent. I usually put a tea towel over the vent to prevent any splatter.
6. Remove lid, give it a good stir, and mash jackfruit with a potato masher until shredded texture is achieved. Turn off the Instant Pot, then turn on the sauté function again for 15-20 minutes or until the extra liquid has cooked off and you are left with a thick, saucy mixture.



# BEER-BRAISED JACKFRUIT ENCHILADAS cont.

## STOVETOP JACKFRUIT COOKING METHOD

1. In a 4 qt pot with a lid over medium heat, heat up a splash of water. Sauté diced onion and minced garlic frequently until fragrant, about 5 minutes.
2. Add in the rinsed and drained jackfruit and remaining meat filling ingredients (no need to chop jackfruit). Stir well and allow to sauté for an additional 10 minutes.
3. After 10 minutes, stir well, add lid, lower heat slightly and allow to simmer for 20-25 minutes.
4. After 20-25 minutes remove lid, give it a good stir, and then allow to simmer without lid for an additional 15-20 minutes, or until the extra liquid has cooked off and you are left with a thick, saucy mixture. At this point, break up any of the larger pieces of jackfruit with a potato masher until you have a nice shredded texture.

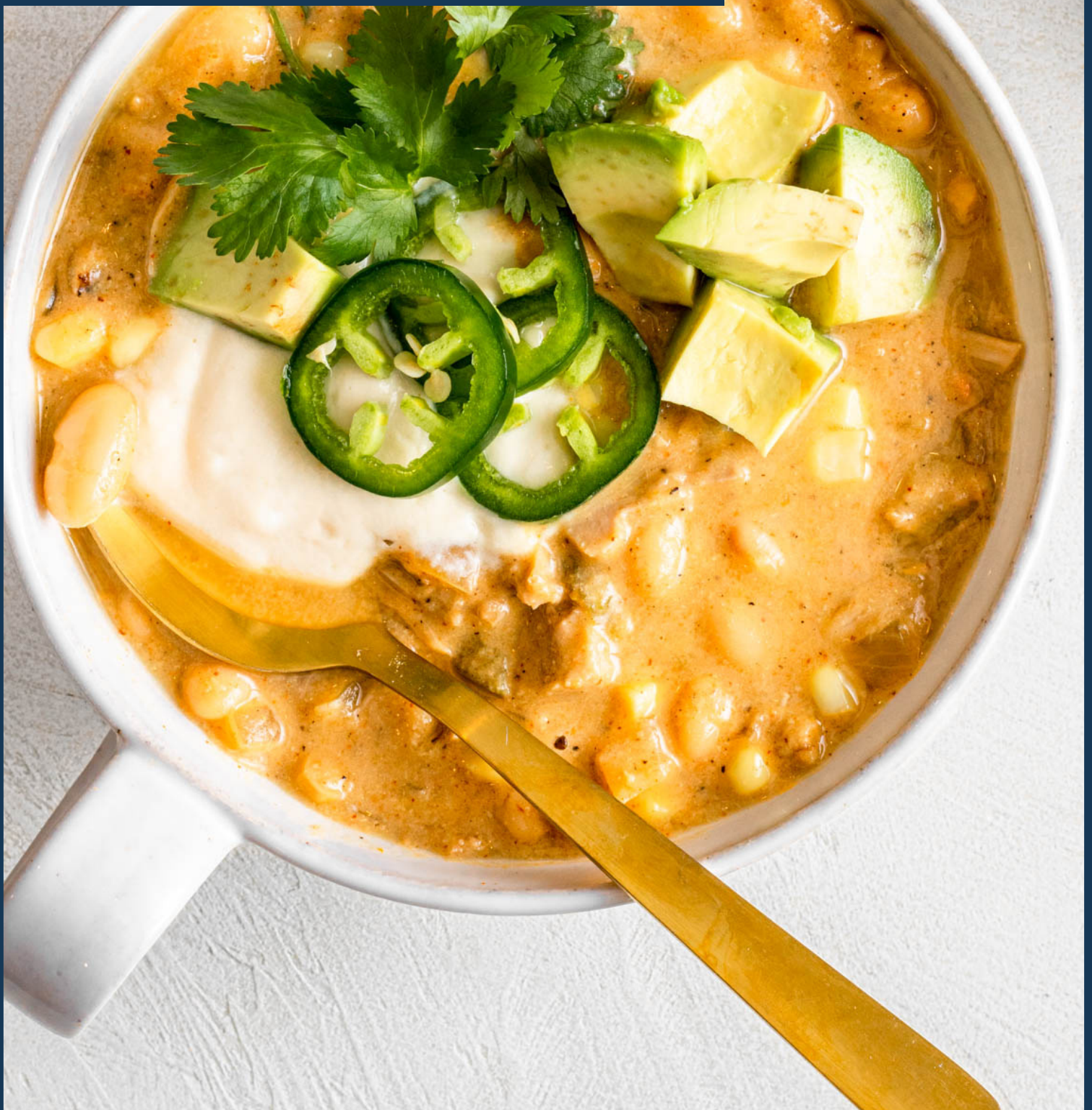
## PREPARING THE ENCHILADAS

1. Preheat the oven to 400 degrees, Fahrenheit.
2. Make your tortillas warm and pliable for rolling by wrapping them in a damp paper towel and microwaving for 30 seconds to 1 minute.
3. Then, in a 9x13 baking dish or 12" oven safe round dish, add 1 cup of the salsa. Next, assemble the enchiladas. Spoon about ¼-1/3 cup of the jackfruit filling into each corn tortilla, roll it and then place seam side down in baking dish. Repeat process until all tortillas are used. If you have additional filling, you can tuck it into the sides of the enchiladas or just add to bottom of baking dish.
4. Pour remaining cup of salsa verde overtop enchiladas in baking dish and pour secret sauce or vegan cheese shreds over the middle of the enchiladas. Bake for 10-12 minutes or until tortillas are nice and crisp on edges.
5. Serve with cilantro, lime wedges, and a dollop of sour cream.

## STORAGE

- Store leftovers in the refrigerator for 3-4 days.

# WHITE "CHICKEN" CHILI





# WHITE "CHICKEN" CHILI

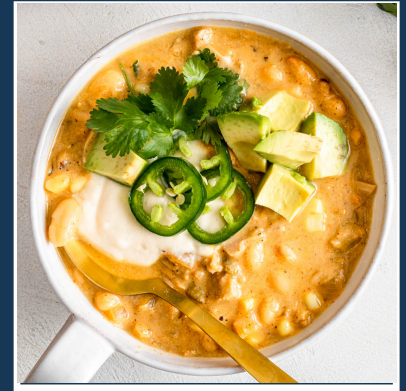


**SERVES: 4**

**PREP TIME: 10 MINUTES**

**COOK TIME: 25 MINUTES**

**TOTAL TIME: 35 MINUTES**



**GOES WELL WITH:**

**sour cream**

**cream base**

## INGREDIENTS

### FOR THE CHILI

- 1 secret sauce recipe (page 10) - 2 cups
- 2 cans northern beans, drained and rinsed
- 1 can jackfruit
- 1 (4 ounce) can diced mild green chilies
- 2 1/2 cups vegetable broth, add more as needed
- 1/2-1 jalapeno, diced
- 1 cup corn, frozen
- 4 cloves garlic, minced
- 1 onion, diced
- 1/3 cup nutritional yeast
- 2 teaspoons cumin
- 1 teaspoons chili powder
- 1 teaspoon paprika
- 1/4 teaspoon cayenne
- salt and pepper to taste

### TOPPING IDEAS

- sour cream recipe (page 12)
- sliced jalapeños
- sliced avocados
- cilantro

## DIRECTIONS

1. Shred jackfruit by chopping into a shredded texture or with a stand mixer and paddle attachment.
2. Heat a 4+ qt pot over medium heat. Once hot, sauté the diced onion, jalapeno, and minced garlic in a splash of vegetable broth until soft and fragrant, 3-5 minutes. Stir frequently to prevent burning.
3. Add in shredded jackfruit, nutritional yeast, cumin, chili powder, paprika, and cayenne. Mix to combine and sauté for another 3-5 minutes.
4. Add in northern beans, diced green chilies, corn, vegetable broth, and cream base. Stir to combine.
5. Bring chili to a light simmer, then reduce heat to low heat, add lid and simmer for 15 minutes.
6. After 15 minutes, add additional vegetable broth as desired to reach desired consistency.
7. Serve immediately with desired toppings.

## STORAGE

- In refrigerator for up to 5 days or in freezer for up to 3 months.



# GREEN CHILI STEW



# GREEN CHILI STEW



**SERVES: 3-4**

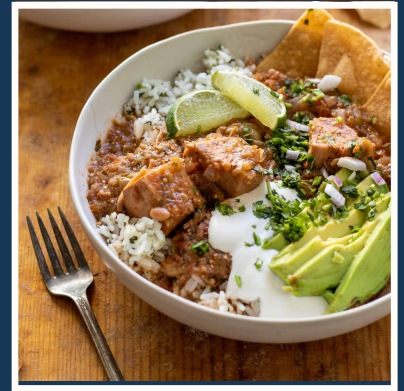
**PREP TIME: 20 MINUTES**

**COOK TIME: 8 HOURS**

**TOTAL TIME: 8 HOURS 20 MINUTES**

**GOES WELL WITH:**

**sour cream**



## INGREDIENTS

### FOR THE STEW

- 2 (14.5 ounce) cans jackfruit in brine
- 1 **chili verde salsa recipe (page 14)**
- 1 (4 ounce) can fire-roasted diced green chilies
- 2 cups low sodium vegetable broth
- 2 cloves garlic, minced
- 1 small yellow onion, thinly sliced
- 4 cups gold or red potatoes cubed (optional)
- ¼ cup cornstarch or cornmeal optional: to thicken

### FOR SERVING

- rice
- cilantro
- **sour cream recipe (page 12)**

## DIRECTIONS

### SLOW COOKER METHOD

1. Prepare the tomatillo chili verde salsa or use a comparable store-bought version.
2. Drain and rinse the jackfruit thoroughly. You can either leave the jackfruit chunks whole or shred the jackfruit into a pulled pork texture for this recipe. The shredded version will yield a thicker stew.
3. Add the oil, jackfruit, salsa, diced green chilies, vegetable broth, minced garlic, sliced yellow onion, and potatoes (if desired) to the slow cooker. Stir well to combine.
4. Slow cook on low for 8 hours.
5. In the last 30 minutes or cooking, stir in a cornstarch slurry or cornmeal. This will help thicken the stew. Cornmeal will add a more nutty, textured flavor whereas the cornstarch will be more neutral in flavor.
6. Serve as is or over rice, with tortilla chips or corn tortillas with desired toppings.

### INSTANT POT DIRECTIONS

1. Prepare the tomatillo chili verde salsa.
2. Drain and rinse the jackfruit thoroughly. You can either leave the jackfruit chunks whole or shred the jackfruit into a pulled pork texture for this recipe. The shredded version will yield a thicker stew.
3. Add the jackfruit, salsa, diced green chilies, vegetable broth, minced garlic, sliced yellow onion, and potatoes (if desired) to the slow cooker. Stir well to combine.

# GREEN CHILI STEW

## cont.

### INSTANT POT METHOD CONTINUED

4. Secure the lid and cook on manually high pressure for 10 minutes. After 10 minutes, either manually release pressure or allow pot to naturally release on it's own.
5. Remove the lid and set the pot to sauté. Stir in a cornstarch slurry or cornmeal and allow to heat through the stew for 5-10 minutes. This will help thicken the stew. Cornmeal will add a more nutty, textured flavor whereas the cornstarch will be more neutral in flavor.
6. Serve as is or over rice, with tortilla chips or corn tortillas with desired toppings.

### STORAGE

- Refrigerate in an air-tight container for up to 5 days freeze for up to 3 months. You'll find the flavor develops even more overtime!



# BBQ JACKFRUIT SLIDERS WITH SLAW



# BBQ JACKFRUIT SLIDERS



**SERVES: 4**

**PREP TIME: 15 MINUTES**

**COOK TIME: 8 HOURS**

**TOTAL TIME: 8 HOURS 15 MINUTES**



**RECIPE USES:**

**mayonnaise**

**bbq sauce**

## INGREDIENTS

### BBQ JACKFRUIT



- 2 (14 ounce) cans of jackfruit in brine
- 1 1/2 cups **BBQ sauce (page 15)**
- 2 teaspoons paprika
- 1 teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 teaspoon onion granules
- 1 teaspoon freeze dried chives
- 1 teaspoon garlic powder
- 1 teaspoon mustard powder

### OTHER SLIDER INGREDIENTS

- 6 vegan slider buns (gluten free if needed)
- 12 ounce bag coleslaw mix
- 1 cup **mayonnaise recipe (page 13)**
- 1 lime, juiced
- 1/2 tablespoon apple cider vinegar
- 1 teaspoon celery seed
- **1/4 teaspoon date syrup**

### ADDITIONAL TOPPING IDEAS

- pickles
- pickled jalapeños
- cilantro
- avocado slides

## DIRECTIONS

1. Drain and rinse the jackfruit thoroughly.
2. In a stand mixer using the paddle attachment, or with a knife, shred the jackfruit into a pulled pork texture.
3. Add the shredded jackfruit to slow cooker bowl along with remaining ingredients. Slow cook on low for 8 hours or high for 4 hours.
4. Right before serving, prepare the coleslaw by tossing together the coleslaw mix, mayonnaise, lime juice, apple cider vinegar, celery seed and date syrup. Adjust to taste as desired.
5. Toast the buns, then layer on the BBQ jackfruit and coleslaw and any additional toppings.
6. Serve immediately while warm!

## STORAGE

- Once assembled, this recipe is best enjoyed fresh, but if preparing ahead of time, store all ingredients separately, including the coleslaw mix and mayonnaise and assemble right before enjoying. The mayonnaise and BBQ jackfruit can be stored up to 5 days in the refrigerator before using.



# "CHICKEN" TORTILLA SOUP





# "CHICKEN" TORTILLA SOUP



**SERVES: 4**

**PREP TIME: 10 MINUTES**

**TOTAL TIME: 35 MINUTES**

**COOK TIME: 25 MINUTES**



**GOES WELL WITH:**

**sour cream**

## INGREDIENTS

- 3 cups low sodium vegetable broth
- 1 (28 ounce) roasted tomatoes can (salt free)
- 1 cup water
- 1 yellow onion, diced
- 4 garlic cloves
- 2 (14.5 ounce) cans black beans
- 1 (14 ounce) can jackfruit
- 3/4 cup corn, frozen
- 1 bell pepper, diced
- 1/2-1 jalapeno, diced (adjust to spice preference)
- 1/4 cup yellow corn meal
- 1 Siete Foods taco seasoning packet

## HOMEMADE CRISPY TORTILLA STRIPS

- two corn tortillas
- 1 tablespoon oil
- sea salt, to taste

## ADDITIONAL TOPPING IDEAS

- **sour cream recipe (page 12)**
- sliced avocados
- cilantro

## DIRECTIONS

### PREPARING THE SOUP

1. Shred jackfruit by chopping into a shredded texture or with a stand mixer and paddle attachment.
2. Heat a 4+ qt pot over medium heat. Once hot, sauté the diced onion, jalapeno, and minced garlic in a splash of vegetable broth until soft and fragrant, 3-5 minutes. Stir frequently to prevent burning.
3. Add in shredded jackfruit, nutritional yeast, cumin, chili powder, paprika, and cayenne. Mix to combine and sauté for another 3-5 minutes.
4. Add in northern beans, diced green chilies, corn, vegetable broth, and cream base. Stir to combine.
5. Bring chili to a light simmer, then reduce heat to low heat, add lid and simmer for 15 minutes.
6. After 15 minutes, add additional vegetable broth as desired to reach desired consistency.
7. Serve immediately with desired toppings.

### PREPARING THE CRISPY TORTILLA STRIPS

1. Preheat oven to 400 degrees Fahrenheit. Slice two corn tortilla in half, then in thin strips. Spread on a baking sheet, drizzle with 1 tablespoon oil and a sprinkle of salt and bake for 10-15 minutes, or until crispy.

## STORAGE

- In refrigerator for up to 5 days or in freezer for up to 3 months.



# BBQ JACKFRUIT PIZZA





# BBQ JACKFRUIT PIZZA



**SERVES: 4**

**PREP TIME: 5 MINUTES**

**TOTAL TIME: 17 MINUTES**

**COOK TIME: 12 MINUTES**



**RECIPE USES:**

**white sauce**

**ranch**

**bbq sauce**

## INGREDIENTS

### BBQ JACKFRUIT



- 2 (14 ounce) cans of jackfruit in brine
- 1 1/2 cups **BBQ sauce (page 15)**
- 2 teaspoons paprika
- 1 teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 teaspoon onion granules
- 1 teaspoon freeze dried chives
- 1 teaspoon garlic powder
- 1 teaspoon mustard powder

### OTHER PIZZA INGREDIENTS

- Ready to bake store-bought vegan pizza crust
- 1/4 cup red onion, thinly sliced
- 1/4 cup **creamy white sauce (page 11)**
- 1/4 cup **bbq sauce (page 15)**, plus more for drizzling
- 3 cloves garlic, minced
- 1/4 cup cilantro
- **ranch dressing (page 13)**, for drizzling

## DIRECTIONS

### BBQ JACKFRUIT DIRECTIONS - I recommend doing this ahead of time

1. Drain and rinse the jackfruit thoroughly.
2. In a stand mixer using the paddle attachment, or with a knife, shred the jackfruit into a pulled pork texture.
3. Add the shredded jackfruit to slow cooker bowl along with remaining ingredients. Slow cook on low for 8 hours or high for 4 hours.

### PIZZA DIRECTIONS

1. Once BBQ jackfruit is ready, prepare the pizza. First preheat the oven to 425 degrees Fahrenheit. Spread 1/4 cup creamy white sauce on crust, then layer with minced garlic, BBQ jackfruit, red onion, and additional 1/4 cup BBQ sauce.
2. Bake for 12-15 minutes, or until crust is golden brown.
3. Sprinkle on cilantro and drizzle with ranch right before serving.

## NOTES

- This recipe is best enjoyed fresh once assembled, but you can prepare the BBQ jackfruit ahead of time.
- Pizza crust recommendations: I like the brands Banza or Engine 2 pizza crusts. They are pre-baked so no rolling dough required. You could even use vegan naan or flatbreads for mini personal pizzas.



# BBQ MAC + CHEESE





# BBQ MAC + CHEESE



**SERVES: 6**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 45 MINUTES**

**COOK TIME: 25 MINUTES**



**RECIPE USES:**

white sauce

BBQ sauce

## INGREDIENTS

### BBQ JACKFRUIT



- 2 (14 ounce) cans of jackfruit in brine
- 1 1/2 cups **BBQ sauce (page 15)**
- 2 teaspoons paprika
- 1 teaspoon smoked paprika
- 1 teaspoon black pepper
- 1 teaspoon onion granules
- 1 teaspoon freeze dried chives
- 1 teaspoon garlic powder
- 1 teaspoon mustard powder

### MAC + CHEESE INGREDIENTS

- **Double white sauce recipe (page 11)**
- 1 1/2 cups bbq jackfruit
- 1/4 cup additional **BBQ sauce (page 15)**
- 1lb pasta of choice - I used pasta shells.  
Choose gluten free noodles if needed.

## DIRECTIONS

### BBQ JACKFRUIT DIRECTIONS - I recommend doing this ahead of time

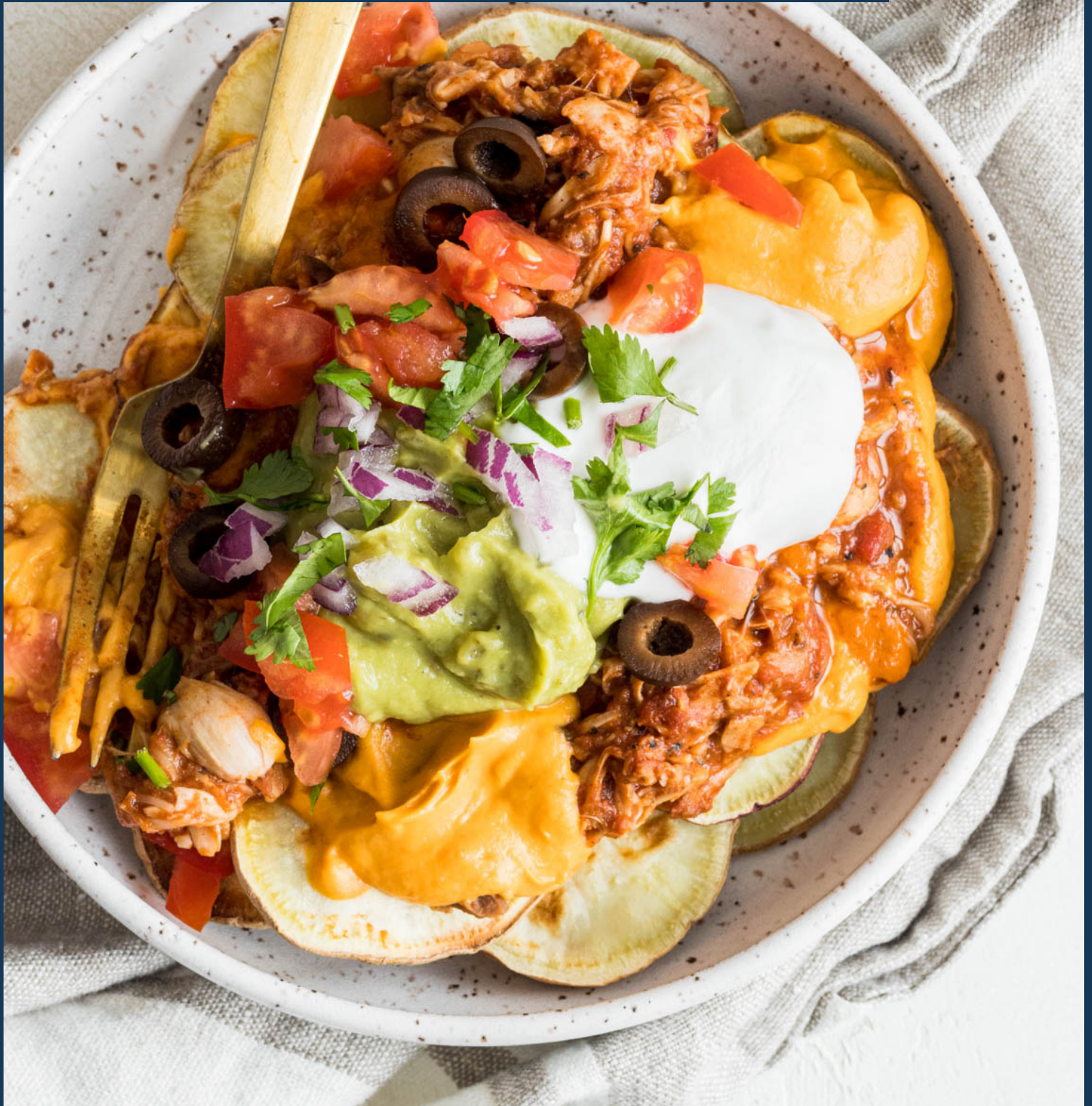
1. Drain and rinse the jackfruit thoroughly.
2. In a stand mixer using the paddle attachment, or with a knife, shred the jackfruit into a pulled pork texture.
3. Add the shredded jackfruit to slow cooker bowl along with remaining ingredients. Slow cook on low for 8 hours or high for 4 hours.

### MAC + CHEESE DIRECTIONS

1. Preheat the oven to 350 degrees, Fahrenheit.
2. Cook the pasta until al dente in a large oven-safe pot (My bag of pasta suggested cooking for 13 minutes. I boiled for just under 10).
3. Drain the pasta, then add it back to the pot. Pour the white sauce over the pasta and heat together over medium heat until sauce has thickened, stirring occasionally. This should take about 10 minutes. This will seem like quite a bit of sauce, but it thickens up and helps keep it from drying out.
4. Once thickened, top with 1 1/2 cups BBQ jackfruit and bake for 15 minutes directly in pot. Alternatively, if you do not have an oven safe pot, transfer to a 9x13 casserole dish. Enjoy immediately while hot with fresh parsley and additional BBQ sauce drizzled on top, if desired. This dish is best served fresh but leftovers will keep up to 3 days.



# JACKFRUIT POTATO NACHOS



# JACKFRUIT POTATO NACHOS



**SERVES: 4**

**PREP TIME: 20 MINUTES**

**TOTAL TIME: 50 MINUTES**

**COOK TIME: 30 MINUTES**



**RECIPE USES:**

nacho cheese

sour cream

## INGREDIENTS

### TACO MEAT



- 2 (14 ounce) cans of jackfruit in brine
- 1 (14.5 ounce) can fire roasted diced tomatoes (salt free)
- 1 (4 ounce) can diced green chilies
- 3/4 cup water
- 1 (1.3 ounce) packet Siete Foods taco seasoning (about 3 tablespoons)

### NACHO INGREDIENTS

- 3-4 hannah sweet potatoes (or substitute 6-8 gold potatoes)
- **nacho cheese recipe (page 11)**
- vegan refried beans
- olive slices
- **sour cream recipe (page 12)**
- guacamole
- diced onion
- cilantro

## DIRECTIONS

### PREPARING THE TACO MEAT

1. Drain and rinse the jackfruit thoroughly.
2. Add the jackfruit chunks whole to the bottom of the Instant Pot.
3. Pour the water, diced tomatoes with green chilies, and taco seasoning overtop. Mix to combine.
4. Add the lid, set the vent to seal, and pressure cook jackfruit on manual high pressure for 6 minutes. Allow pot to naturally depressurize for at least 10 minutes.
5. Release remaining pressure as needed.
6. With a potato masher, mash the jackfruit until shredded in texture. You can also do this with forks, but a potato masher is much faster!

### PREPARING THE NACHOS

1. Preheat the oven to 400 degrees, Fahrenheit.
2. Scrub the potatoes clean and thinly slice potatoes.
3. Spread the potato slices between two parchment lined baking sheets. Try to avoid over layering.
4. Bake for 15 minutes, then flip slices and bake another 15 minutes.
5. Build nachos with nacho cheese, taco meat, and desired toppings. Enjoy!

## STORAGE

- Store leftovers in the refrigerator for up to 3 days.





**THANK  
YOU!**