

JACKFRUIT CARNITAS

Vegan, gluten-free, dairy-free

Yields 8 servings

Recipe by Jentry Lee Hull adapted from [The Edgy Veg](#)

INGREDIENTS

For the Marinade

- 2 (20 oz) cans Jackfruit (available at Trader Joe's), rinsed and pulled apart
- 2 Tbsp. Low sodium tamari
- 2 Tbsp. Coconut aminos
- 1/2 Tbsp. Maple syrup
- 1 tsp. Liquid smoke
- 1 Tbsp. Avocado oil (or other neutral oil)
- Juice from 1 lime (about 3 Tbsp.)
- 2 Tbsp. Mexican Fiesta Seasoning (Frontier Co-op)
- 1 tsp. Chili Lime Seasoning Blend (Trader Joe's)
- 1 tsp. Sweet Paprika (can used smoked for added smokey flavor)
- 2 tsp. Red pepper flakes
- 1 1/4 cup Chipotle peppers in adobo sauce* (La Morena), chopped

For the Carnitas

- 1 tsp. Avocado oil
- 1 large onion, small dice (1/4 in")
- 6 garlic cloves, finely minced
- Marinade mixture (above)
- 1/4 filtered water, or more as needed

METHOD

For the Marinade

Rinse jackfruit thoroughly using a strainer and pull apart into smaller, bite-sized pieces. It should fall apart pretty easily and resemble pulled pork.

Shake strainer to remove excess water.

In a large bowl, whisk together remaining ingredients, add jackfruit, and toss to evenly coat.

Cover and let sit in the fridge for at least 2 hours. Let sit overnight if possible.

For the Carnitas

Once jackfruit is marinated, heat a large skilled to medium heat.

Sauté onion with avocado oil for about 5 minutes, or until golden brown. Add minced garlic, toss, and sauté for another minute.

Pour in marinated jackfruit, with all the juices, reduce heat to low-medium and partially cover.

Simmer for 15-20 minutes, stirring occasionally to prevent any sticking.

Add water, in 1/4 cup increments, if jackfruit sticks to the bottom of the pan.

After 15-20 minutes, remove lid and let cook for another 5 or so minutes, until some of the liquid has evaporated.

Taste and adjust seasons to preferences.

NOTES

Chipotle peppers in adobo sauce are available at most specialty grocery stores, some of the major stores, and Amazon. Look for La Morena brand.

Can't find adobo sauce? Try combining 1 Tbsp. Tomato paste, 1 Tbsp. Apple cider vinegar, 1 tsp. Chipotle chili powder, 1/2 tsp. cumin, 1/4 tsp. Dried oregano, 1/4 tsp. Garlic powder, 1/8 tsp. salt.

Additional Ingredients

- Whole Corn Tortillas
- Black Beans, Refried Beans, or both
- Avocados
- Hot Sauce
- Shredded Cabbage
- Cilantro Lime Cashew Crema (recipe below)

CILANTRO LIME CASHEW CREMA

Vegan, gluten-free, dairy-free

Yields 1, 12oz jar

Recipe by Jentry Lee Hull

INGREDIENTS

- 1 cup raw cashews soaked*
- 1/4 cup plant milk
- Juice from 1 lime
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. nutritional yeast
- 1-2 Tbsp. water, to thin
- 1/2 tsp. pink salt
- 1 small bunch of cilantro

METHOD

*Boil water and soak cashews for 10 minutes, or soak cashews for at least 1 hour at room temp. Drain cashews and rinse.

Combine all ingredients in a high-powered blender or food processor, and blend until creamy and smooth (for 1-2 minutes).

Adjust seasoning to taste and keep chilled until ready to serve.

Store leftovers in an airtight container in the fridge for 5-7 days.

Toss with shredded cabbage, add to tacos, or use as a salad dressing.

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 295

% Daily Value *

Total Fat 12 g **19%**

Saturated Fat 0 g **2%**

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 1035 mg **43%**

Potassium 397 mg **11%**

Total Carbohydrate 39 g **13%**

Dietary Fiber 12 g **47%**

Sugars 6 g

Protein 9 g **17%**

Vitamin A **4%**

Vitamin C **11%**

Calcium **11%**

Iron **19%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.