

## Jackfruit Tacos



### INGREDIENTS

- 2 14oz cans jackfruit in water or brine, drained, rinsed, and chopped
- 1 tablespoon light oil
- 1 yellow onion, sliced
- 4 cloves garlic, minced
- ½ cup vegetable broth or water
- 1 tablespoon agave
- ½ lime, juiced
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon salt
- taco toppings of your choice

Pair with  
guacamole,  
salsa and chips

### INSTRUCTIONS

1. For the best texture, slice the jackfruit into thin strips from the core to the outer edge. This helps break down the firmer center and creates that tender, shredded consistency we're after.
2. Heat oil in a large skillet over medium-high heat. Once warm, add the onions and garlic and sauté for about 5 minutes, until softened and lightly golden.
3. Stir in the sliced jackfruit, broth, agave, lime juice, and spices. Cover and reduce heat to a gentle simmer. Let cook for about 5 minutes, or until the jackfruit begins to soften and about half of the liquid is absorbed.
4. Using a fork, gently mash the jackfruit to create a pulled, shredded texture. If the mixture feels a bit too wet, let it cook uncovered for a few more minutes. If it's looking dry, add a splash more vegetable broth.
5. Add toppings of your choice, and enjoy!

