

PULLED PORK SANDWICH

Prep Time: 30 minutes | Serves 4 | Author: Steve Gentile

INGREDIENTS

2 20 oz. cans of Jackfruit
1 can of tomato puree
1 28 oz. can of crushed tomatoes
1.5 tsp Onion powder
2 tsp Garlic powder
3 tsp. Liquid smoke
3 Tbsp. Yellow prepared mustard
3 Tbsp. Apple cider vinegar
Juice of 1 Valencia orange
2 Tbsp. Liquid aminos or soy sauce
Stevia
2 Tbsp. Raw unfiltered honey
Cayenne pepper to taste



FOR THE COLE SLAW:

Pre-shredded cabbage
1 shredded carrot
Ranch (Hemp based) dressing (see recipe at www.livingplantbased.com salads)
A little liquid Stevia to sweeten

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DIRECTIONS

For the barbecue sauce, place the crushed tomatoes and tomato puree in your fancy blender, blend until very smooth. Pour tomato mixture into saucepan, and add all other ingredients. Simmer on low for an hour, stirring occasionally and taste occasionally to ensure a good balance of sweet, acid and depth of flavor (liquid aminos or soy sauce will add depth).

Once your sauce is ready, rinse the jackfruit well and add to a crockpot with the sauce. Cook for five hours, then using two forks pull the jackfruit apart to resemble pulled pork. Serve on a grilled whole wheat bun, top with Cole Slaw, and enjoy your fruit based dinner!