

## VEGAN PULLED PORK<sup>o</sup>



**SERVES: 8** (approx. ½ cup each) **Prep Time: 15 min. Cooking Time: 57 min.**

CONTAINER EQUIVALENTS: 1 ½ 1

VEGAN CONTAINER EQUIVALENTS: 1 B ½ 1

*This Vegan Pulled Pork is a real mindblower. You won't believe just how much it tastes like the real thing, tangy, smoky, meaty, and satisfying. AND it doesn't take 8 hours to make, win-win! The secret ingredient is jackfruit, a tropical fruit that has a meaty, heavy-grained flesh similar to pork. It absorbs the flavors of smoke and BBQ sauce beautifully and comes out tasting just like the real deal. We use the canned variety here, which you can find at most Asian markets or order online. It's important to use the young, unripe fruit for this, so be careful if buying fresh, as most fresh fruits are sold ripened.*

**3 cans (20-oz. each)** young green jackfruit in brine (NOT in syrup), drained, rinsed, cored, and seeds removed and discarded

**1 Tbsp.** extra-virgin organic coconut oil

**1 cup** chopped onion (approx. 1½ medium)

**5 cloves** garlic, finely chopped

**2 tsp.** coconut sugar

**1 tsp.** ground cumin

**1 tsp.** ground coriander

**2 tsp.** chili powder

**2 tsp.** ground smoked paprika

**¼ tsp.** instant espresso powder

**¼ tsp.** unsweetened cocoa powder

**¼ tsp.** ground cinnamon

**¼ tsp.** ground allspice

**½ tsp.** ground black pepper

**½ tsp.** smoked sea salt (or Himalayan salt)

**¼ tsp.** ground cayenne pepper (optional)

**2 cups** low-sodium organic vegetable broth

**½ cup** **Banana BBQ Sauce** (see separate recipe for **Banana BBQ Sauce**) or all-natural barbecue sauce of your choice

1. If you would like to pre-smoke your jackfruit, line bottom of large stock pot with aluminum foil. Add wood chips. Top with colander (or steamer basket). Add jackfruit. Cover pan with firmly crimped foil. Poke a pinhole in foil; turn burner to high and wait until you see smoke coming from the hole. Turn heat to medium-low and let stand, covered, for 10 minutes. Taste the jackfruit. If you would like it smokier, turn the heat on again and repeat the process. This step is **optional**.
2. Preheat oven to 400° F.
3. Line large baking sheet with parchment paper. Set aside.
4. Heat oil in large nonstick skillet over medium high heat.
5. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
6. Add garlic; cook, stirring frequently, for 1 minute.
7. Add jackfruit, sugar, cumin, coriander, chili powder, paprika, espresso powder, cocoa powder, cinnamon, allspice, black pepper, salt, cayenne pepper (if desired), and broth; mix well. Bring to a boil. Reduce heat to medium-low; gently boil, uncovered, for 10 to 15 minutes, or until liquid is absorbed.
8. Transfer jackfruit to prepared baking sheet. Mash with a spatula until fibers divide and take on the appearance of pulled pork.
9. Bake for 10 minutes.
10. Add BBQ sauce; mix well to coat fruit. Bake for an additional 7 to 10 minutes, or until fruit is lightly browned.

### RECIPE NOTE:

- Canned young green jackfruit in brine can be found in specialty Asian markets or online.

### SPECIAL EQUIPMENT:

Aluminum foil (optional)

1 cup wood chips for smoking (optional)

Parchment paper

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 156 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 354 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 24 g Protein: 3 g

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

## BANANA BBQ SAUCE<sup>o</sup>



**SERVES: 8** (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 32 min..

CONTAINER EQUIVALENTS: ½ ½

VEGAN CONTAINER EQUIVALENTS: ½ ½

- 1 Tbsp. extra-virgin organic coconut oil
- 1 large banana, sliced
- 2 Tbsp. apple cider vinegar
- 1 cup low-sodium organic vegetable broth
- 1 cup all-natural ketchup, no sugar added
- 1 Tbsp. orange marmalade
- 1 Tbsp. Worcestershire sauce, gluten-free, vegan
- ½ tsp. ground black pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. mustard powder
- ¼ tsp. ground allspice
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. ground cayenne pepper (optional)
- ½ tsp. smoked sea salt (or Himalayan salt)
- 1 tsp. ground smoked paprika
- ½ tsp. chili powder

1. Heat oil in medium saucepan over high heat.
2. Add banana; cook, stirring occasionally, for 3 to 4 minutes, or until banana is dark brown and mushy. Reduce heat to medium.
3. Add vinegar; cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry.
4. Add broth, ketchup, marmalade, Worcestershire sauce, black pepper, onion powder, garlic powder, mustard powder, allspice, cumin, coriander, cayenne pepper (if desired), salt, paprika, and chili powder. Whisk to blend. Bring to a gentle boil over medium heat. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes, or until sauce thickens.

### RECIPE NOTE:

- Refrigerate leftover sauce in an airtight container for up to 4 to 5 days.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 66 Total Fat: 2 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 590 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 6 g Protein: 0 g

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