



BBQ Jackfruit

 **BRONSON**

BBQ Jackfruit

Serves 8

Ingredients

(2) 10 oz. jars Jackfruit, drained and rinsed

Sauce

- ½ cup yellow onion
- 2 tsp. olive oil
- 1 tbsp. garlic, chopped
- 1 cup ketchup
- 1 tsp. cloves, ground
- 1 tbsp. dijon mustard
- 1 tbsp. brown sugar
- 1 tbsp. worcestershire sauce
- 1 tsp. smoked paprika

Directions

1. In a medium saucepan, heat oil to medium-high heat.
2. Add onions. Cook for 3-4 minutes, until soft and translucent.
3. Stir in remaining sauce ingredients and cook until slightly thickened.
4. Rinse and drain jackfruit. Remove any discolored pieces.
5. Place jackfruit in a medium sauce pan and pour over sauce.
6. Season with salt and pepper as desired.
7. Serve with your favorite crackers or on a bun.

Nutrition information (per serving)

83 calories, 2.2g fat, 199mg sodium, 16g carbohydrates, 1g protein