

Pulled Jackfruit and Mushroom Barbecue Sandwiches

Source: Dustin Harder @theveganroadie

About the Recipe

293 Calories · 4 g Protein · 5 g Fiber

Lunch

Ingredients

Makes 6 Servings

- 1 tablespoon (15 mL) olive oil (see below for oil-free)
- 1/2 onion, thinly sliced
- 1 1/2 cups (125 g) roughly chopped baby bella mushrooms
- 1 14-ounce can jackfruit in brine, drained, rinsed, and shredded
- 4 cloves garlic, minced
- 3/4 cup (177 mL) Universal Meals Basic Barbecue Sauce or vegan barbecue sauce
- 6 vegan gluten-free hamburger buns

Directions

1. Heat the oil in a large skillet over medium-high heat. Add the onion, mushrooms, and jackfruit. Saute for 8-10 minutes until the mushrooms have reduced slightly in size and the jackfruit has some seared edges. Add the garlic and saute 1 additional minute until fragrant.
2. Add the barbecue sauce and mix to combine. Divide among hamburger buns. **OIL-FREE:** Omit the oil and saute everything in 1/4 cup water or low-sodium broth; add liquid as needed. The jackfruit will not sear without the oil, so cook until the mushrooms and onions have softened and the liquid has evaporated. **NOTES:** To create the perfect bite, toast your buns on a skillet. Add

some neutral oil or soy-free vegan butter to the inside of the bun and set on a hot skillet over medium-high heat for 2-4 minutes until toasty and browned. You can dry toast it without oil or butter; it may take a little longer to achieve a toasty texture and is easy with a nonstick skillet.

Nutrition Facts

Per serving:

Calories: 293

Fat: 9 g

Saturated Fat: 1 g

% Calories From Fat: 28%

Cholesterol: 0 mg

Protein: 4 g

Carbohydrate: 52 g

Sugar: 17 g

Fiber: 5 g

Sodium: 510 mg

Calcium: 39 mg

Iron: 1 mg

Vitamin C: 5 mg

Beta-Carotene: 249 mcg

Vitamin E: 2 mg