

Organic Young Jackfruit Recipe



VEGAN CHILI SANS CARNE

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- 1 Tbsp Olive oil
- 3 Garlic cloves, minced
- 1 Onion, chopped
- 1 1/2 cups Chopped veggies (carrots, celery, green or red peppers, corn niblets...)
- 2 cans Native Forest® Young Jackfruit rinsed and drained
- 2 15oz cans Chopped tomatoes (plain or seasoned)
- 1 Tbsp Tomato paste
- 1 15oz can Tomato sauce
- 2 15oz cans Kidney beans, rinsed and drained
- 2 Tbsp Tamari/soy sauce
- 1 Tbsp Sugar (cane, coconut, brown)
- 2 tsp Chili powder
- 2 tsp Smoked paprika powder
- 1/4 tsp Cayenne pepper (optional and more to taste)
- 2 Tbsp Nutritional yeast
- Juice of 1/2 lime
- Salt and pepper to taste (optional)



Instructions:

Drain and rinse the jackfruit. Tear the jackfruit apart to create strands and small chunks. Heat the olive oil in a saucepan and then add the onion and garlic. Sauté until translucent and add the chosen veggies. Cook a little more (5-10 minutes) before adding the jackfruit. Continue stirring for a few minutes and add all other ingredients (except the last 3 listed). Bring to a boil, lower the heat and let simmer about 25-30 minutes. Once cooked, stir in the yeast, lime juice and salt and pepper (if desired). When serving, top with grated cheese and chopped green onions or parsley. Serve hot with crackers, toast or cornbread and enjoy!
Options: Add liquid smoke at the end if desired.