

# Garden Chef Jackfruit Tacos

2 T	avocado oil
1	red onion, diced
3-4	garlic cloves, minced
2 cans	green jackfruit, drained, rinsed, & chopped
1	chipotle pepper in adobo sauce, chopped
1 T	adobo sauce
½ cup	water or vegetable broth
1 tsp	honey
	juice of 1 lime
1 tsp	cumin
1 tsp	smoked paprika
½ tsp	onion powder
1 T	low sodium tamari
¼ tsp	sea salt

In a large skillet, heat the oil over medium-high heat. When hot, add the onions and garlic and sauté for about 5 minutes until the onions have softened and begun to brown. Add the remaining ingredients, and cover. Reduce heat and let it simmer for about 5 minutes, until the jackfruit softens slightly.

Use a potato masher or forks and shred the jackfruit.  
Serve with favorite taco toppings.

*Recipe by Garden Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN