

# BBQ Jackfruit Sandwiches

Serves: 4-6

Prep time: 5 minutes

Cook time: 10 minutes



**Vegetarian & Vegan  
Meats & Treats**

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\*2 14-oz. cans Organic Young Jackfruit, drained

2 tbsp. olive oil

1 yellow onion, chopped (about 1 cups)

1 ½ cup BBQ sauce

4-6 hamburger buns

## Serving suggestions:

- Top your sandwiches with your favorite dill or sweet pickles
- Side Dishes:
  - o Corn on the cob
  - o Steamed veggies
  - o Coleslaw

## Directions:

- 1) In a large, high-sided, non-stick skillet, heat the oil over medium heat, and sauté the onion until it begins to turn translucent (3-5 minutes).
- 2) Stir in the drained jackfruit, and continue to sauté, stirring occasionally, until broken apart and heated through. (2-3 minutes).
- 3) Pour the BBQ sauce over the jackfruit and continue to sauté until BBQ sauce is heated through (2-3 minutes).
- 4) Serve on a bun!



\*These items are included in the Fake Meats Meal Pack

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