

# NC Vegan Pulled “Pork” BBQ

Cooking in 3-V

## For the BBQ:

2 20 oz cans of green jackfruit in water or brine (NOT syrup)  
2 tbsp avocado or olive oil  
1 small onion, sliced  
4 cloves garlic or 1 tbsp garlic powder  
1 tbsp onion powder  
1 tsp paprika  
1 tsp chili powder  
1 tsp cumin  
Salt and Pepper, to taste  
½ - ¾ cups BBQ sauce (Choose your favorite brand)

## Coleslaw:

3 cups shredded cabbage (You can shred the cabbage yourself but I’m buying mine)  
1 onion, diced  
¾ cup vegan mayonnaise (or whatever mayo you choose)  
2 tbsp apple cider vinegar  
Salt and Pepper, to taste  
Package of buns, or dinner rolls (Hawaiian Rolls are good for this)

## Directions

1. Drain and rinse the jackfruit, then remove the core and cut into smaller pieces and place in a bowl.
2. In a pan, heat the oil over medium heat. Once the oil is heated, add the onion and cook for about 4-5 minutes, until translucent.
3. Add the garlic, and cook until fragrant. Add the jackfruit, S & P, onion powder, paprika, chili powder, cumin and S & P. Cover and cook about 10 minutes. (Shred the jackfruit with a fork as it cooks down.)
4. Next add the BBQ sauce and mix very well. Cover and cook for another 10 – 15 minutes.
5. Once cooked, remove from heat and set aside.
6. **Prepare coleslaw:** Add cabbage and onions to a large bowl. In a smaller bowl combine the vegan mayo, apple cider vinegar, salt and pepper, and mix until creamy. Pour dressing over the cabbage and toss until fully incorporated. Set aside.
7. Place the slaw on the bottom buns and top with BBQ jackfruit. Can add extra BBQ if desired.
8. Enjoy!