



## Recipe Details

Recipe Name - Not so Pulled Pork BBQ

Recipe Steps -

### Ingredients

- 2 (20 oz.) cans of Jackfruit, drained and rinsed
- 1 (25 oz.) jar (or a can or two if you do not shop at Costco or BJ's) of hearts of palm, drained and rinsed
- 3 cloves of garlic or more, diced
- 1 small onion, diced
- 1 tsp black pepper
- 2 tsp garlic powder
- 1 Tbsp paprika
- ½ tsp cayenne (or less for less spicy)
- 2 Tbsp Rib Rack sugar-free BBQ rub (or rub of your choice)
- 1 Tbsp vegan Worcestershire sauce
- ½ cup BBQ sauce of your choice
- ¼ cup water

### Instructions

1. In a medium saucepan, sauté chopped onion with a small amount of water; when soft, add garlic and sauté for 30 seconds longer (add more water if/as needed).
2. Pull, drained, and rinsed jackfruit and hearts of palm to resemble shredded pork.
3. Once onion and garlic are soft, add to a crockpot with your pulled "pork" and all other remaining ingredients.
4. Incorporate well, cook for 2 to 3 hours on low.
5. Enjoy!

