

Jackfruit Black Beans

1 (14 oz.) can jackfruit, in brine or water

1/2 cup dry black beans, soaked

2 cups water or Vegetable Stock

1 tsp cumin powder

1 tsp dried oregano

1 tsp onion powder

1 tsp garlic powder

1 tsp salt

1/2 tsp smoked paprika

1/2 tsp black pepper

10 tortillas (amount will vary based on size of tortillas and amount of filling used for each one)

- 1. Drain beans from soaking water. Drain and rinse jackfruit. Add to Instant Pot inner pot.
- 2. Add all remaining ingredients.
- 3. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time to 6 minutes > After 10 seconds display will read ON
- 4. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
- 5. Press CANCEL. Press SAUTE. With a fork smash jackfruit until shredded. Allow jackfruit and beans to simmer until liquid is gone; be careful to remove from heat before it starts to burn to the bottom.