

## BBQ Jackfruit

1 can jackfruit in brine or water (NOT syrup)

1/2 cup Vegetable Stock

1/2 cup Homemade BBQ Sauce

1. Drain and rinse jackfruit. Place skillet on stovetop over medium heat. Add jackfruit and stock to skillet. Allow jackfruit to simmer in stock for 5 minutes. Turn jackfruit over and simmer for another 5 minutes.
2. If desired pull out and discard seeds of jackfruit. With two forks shred jackfruit. Continue to simmer until stock has been mostly absorbed.
3. Add BBQ sauce to jackfruit. Simmer on low until BBQ gets thick.
4. Serve with Coleslaw on Quinoa Tortillas or on hamburger buns.