

CHILI-BRAISED JACKFRUIT

Recipe Courtesy: Providence Park Hospital Chef Stephen Taylor

Ingredients:

- 2 cans jackfruit (packed in water), drained and rinsed
- 1 can black beans (drained and rinsed)
- 2 Roma tomatoes (seeded and diced)
- 1 dried chili (seeds removed) - if spicier flavor desired, leave seeds in
- 1 Tbsp. minced garlic
- 1 medium onion (diced)
- 1Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. coriander
- 1 Tbsp. Kosher salt
- Juice from 1 lime
- 2 Tbsp. fresh cilantro, minced

Directions:

Open, rinse, and drain the 2 cans of jackfruit and black beans; place in a heavy pot. Seed and dice 2 Roma tomatoes; mince the dried chili; add both to the pot along with the diced onion and garlic. In a skillet, lightly toast the chili powder, coriander, and cumin on medium low heat for 3 minutes. Add to the pot with the Kosher salt and 1/2 cup water. Bring to a boil, reduce heat, and simmer for 45 minutes or until the tomatoes have lost their shape.