

Jackfruit Ragu

Author: Amber Gibson



Serves 3

Serving Size: 0.5 cup

Protein per serving: 1.3 g per serving

Calories: 124

Prep time: 20 minutes | Total Time: 80 minutes

**Total nutrition does not account for pasta used.

Ingredients

- 1 TBSP Oil, Olive
- 1 TBSP Small Diced Carrots
- 2 TBSP Diced Onions
- 1 clove(s) Small Clove Garlic, Minced
- 2 tsp Tomato Paste
- 1/2 20-oz. can Jackfruit, Young in Brine, drained, seeds removed
- 1 1/2 tsp Sugar, White Granulated
- 1/2 c Wine, Red
- 5 fl.oz. Crushed Canned Tomatoes
- 1 tsp Thyme, fresh
- 2 tsp Bay Leaf, about one leaf
- 1 tsp Dijon Mustard
- 1/4 c Vegetable Broth
- 1/4 tsp Kitchen Bouquet Seasoning & Sauce

Directions

1. Heat the olive oil in a small sauce pan over medium high heat. Add the carrots and onion and sauté until aromatic, about one to two minutes. Add the garlic and cook for another minute, stirring constantly to prevent burning the garlic. Next add the tomato paste and sauté together until heated through and nicely coated. Add the jackfruit and cook with the tomato mixture until a little browned.
2. Next combine all the rest of the ingredients into the small saucepan with the jackfruit. Bring to a boil, then reduce heat to medium low and cover. Slow cook until the jackfruit is tender enough to shred. Allow at least 30 minutes to 1 hour. The longer you let it cook, the more flavor will be infused into the jackfruit.
3. Remove the jackfruit from the saucepan and shred with two forks. Return the shredded jackfruit to the sauce. Season with salt and pepper, if desired. Serve with your choice of low protein pasta.

Notes

Kitchen Bouquet can be found in most grocery stores, sometimes near dressings and sauce mixes. You can omit or use coconut aminos in its place if desired.