



Jackfruit Chili Lime Soup

Author: Amber Gibson

Servings: 10
Serving Size: 4 oz
Protein Per Serving: 0.9 g
Calories Per Serving: 29

Ingredients:

- 32 g Onions, red, white or yellow varieties, raw, chopped, diced
- 20 g Celery, raw, chopped, diced
- 2 clove(s) Garlic, fresh cloves, chopped, minced
- 1 20-oz. can Jackfruit, Young in Brine, rinsed and drained
- 2 tsp Chili Lime Seasoning
- 3 c Vegetable Broth, ready-to-serve
- 14 1/2 fl.oz. Tomatoes, canned, stewed, diced or ready cut
- 1/4 c Lime Juice
- 1 tsp Salt
- 1/2 tsp Pepper, black
- 1 TBSP Cilantro, raw chopped, for garnish
- Optional: Low protein tortilla chips (not included in nutritional information)

Directions:

- Heat two tablespoons olive oil in a large sauce pot over medium heat. Add onion and sauté until translucent and fragrant. Add the garlic and celery and continue to sauté for 5 minutes, stirring frequently. Next add the Jackfruit and two teaspoons chili lime seasoning. Sauté for two minutes.
- Pour in the broth and canned tomato and turn heat to medium high heat to bring to a boil. Reduce heat to medium and simmer until Jackfruit is tender enough to shred, about 30 to 40 minutes.
- You can use tongs to shred the Jackfruit in the pot or remove the Jackfruit to a bowl and shred with forks and return to the soup. Add the juice of one lime to soup, season with salt and pepper as needed. Serve 1/2 cup, or 4 oz, servings. Garnish with fresh cilantro and serve with low protein tortilla chips.