

Vegan Jackfruit Tacos

Replace meat with meaty jackfruit for an extra health boost to our favorite taco filling



Recipe was provided by [Daiya Foods](#) and inspired by [Vegan Richa](#).

These tacos are perfect for a vegan taco dinner for the family. Double the recipe to host your very own #TacoTuesday for a crowd!

4
Servings

286
Calories Per Serving


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Ingredients

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Directions

- 1 cup dairy-free pepperjack cheese, preferably Daiya Pepperjack Shreds
- 2 20-ounce cans green jackfruit in brine
- 1 onion, chopped
- 1/2 cup lettuce
- 2 chipotle peppers in Adobo sauce
- 2 tablespoons Adobo sauce
- 10 cloves garlic
- 4 tablespoons ketchup
- 1 teaspoon ancho chili powder
- 1/2 teaspoon black pepper
- 1 1/4 cup water
- Salt, to taste
- 1/2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon oregano
- 8 soft corn tortillas

Drain the canned jackfruit. Add to a saucepan with 3 cups of water, bring to a boil over medium heat, and boil for 10 to 11 minutes. Drain, shred with a fork, and set aside.

Heat oil in a skillet over medium heat. Add onions and a pinch of salt and cook jackfruit until translucent. Stir occasionally, about 4 minutes.

In a blender, blend chipotle peppers, adobo sauce, garlic cloves, ketchup, ancho chili powder, black pepper, cumin, coriander, oregano and 1/4 cup of water until smooth.

Add the blended sauce to the skillet with onions and cook until the sauce thickens and smells roasted. Stir occasionally, about 6 to 8 minutes.

Add the shredded jackfruit, 1 cup water, and salt to the skillet. Mix well and cover for 10 minutes.

Stir, reduce heat to medium-low and continue to cook for 15 minutes until the sauce reduces and the jackfruit picks up the sauce flavor.

Prep the tomatoes, lettuce, and dairy-free cheese for toppings.

Add jackfruit to corn tortillas and add tomatoes and lettuce.

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