



## Jackfruit Stew (6 servings)

### Ingredients

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|---|--|
| 4 cups young jackfruit pieces - <i>plain &amp; drained well</i> | 3 bay leaves   |
| 3 cups potatoes - <i>diced into 1 inch cubes</i>                | 10 sprigs thyme                                      |
| 4 Beyond Meat sausage links - <i>chopped</i>                    | 1/3 cup Italian parsley - <i>chopped</i>             |
| 1/2 yellow onion - <i>chopped</i>                               | 2 tsps dried oregano                                 |
| 5 cloves garlic - <i>minced</i>                                 | 3 tsps onion powder                                  |
| 1 large carrot - <i>sliced into rounds</i>                      | 1½ tsps chili powder                                 |
| 4 cups low sodium vegetable stock                               | 1½ Tbsps flax + chia meal                            |
| 1 cup fresh cherry tomatoes - <i>chopped</i>                    | 1½ Tbsps. extra virgin olive oil ( <i>optional</i> ) |
| 1/2 tsp red pepper flakes                                       | sea salt to taste                                    |
| 3-4 tsps smoked paprika   |  |

### Preparation

- Heat a medium dutch oven on medium low.
- Add the chopped onion with a pinch of sea salt and a splash of water. Saute until translucent (*about 5 mins*).
- Stir in the carrots and the garlic and cook another minute or so, making sure not to burn.
- Stir in all the spices, parsley (*reserve some for garnish*) thyme and bay leaves then add the jackfruit pieces. Pour in the stock and simmer on low. Cover with a lid and cook for 40 minutes.
- Shred the jackfruit into small pieces. Add the potatoes, vegan sausage and flax meal and simmer the stew for 15 minutes, or until the potatoes are tender.
- Add the chopped tomatoes, and adjust seasonings as needed.
- Remove from heat and discard the bay leaves and the thyme sprigs.
- Allow the stew to sit covered for a few minutes to thicken before serving.

*Serve over rice and enjoy.*