

Vegetarian Jackfruit Chili

1 chopped onion

2 20oz cans jackfruit

3 garlic cloves, minced

2 tablespoon olive oil

4 tablespoon chili powder

3 teaspoon cumin

2 teaspoon ground coriander

6 teaspoon salt

1 16oz can diced tomatoes

1 8oz can tomato paste

1 16oz can chili beans

1 16oz can assorted beans (navy, pinto,
black, etc)

1 teaspoon black pepper

1 12oz beer (or can of vegetable broth)

(Optional) Noodles + 2nd 12 oz of beer or
vegetable broth

Toppings

Cilantro, chopped

Onion, chopped

Sour cream

Cheese, grated

Jalapeños, chopped

Drain the jackfruit in a strainer and rinse.

On low to medium heat sauté chopped onion in oil until softened and translucent,
about five minutes.

Add jackfruit and break it up with spoon and/or fork until it is in small pieces or
shreds. It will look like shredded pork or chicken when thoroughly broken up.

Continue to stir and break up the jackfruit for another 5 minutes.

Add minced garlic, and remainder of ingredients and spices and stir thoroughly.

Let simmer for another 10 minutes, stirring occasionally.

(Optional) If adding noodles add a second can of beer or vegetable broth and
noodles to the pot and simmer until the noodles are soft.

Recipe Submitted by Rob Gandenberger.

ROB GANDENBERGER

REALTOR®

(502) 554-9749 • (502) 608-1511 cell • (502) 653-3533 fax

RobG@kwPriceGroup.com



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