

Jackfruit Tacos



Ingredients

1 (17 oz) can jackfruit in water
1 package [Bearitos](#) taco seasoning
2/3 cup water
taco shells of choice (I use organic corn from Whole Foods)
toppings - shredded lettuce, chopped tomatoes, chopped black olives,
avocado, [cashew sour cream](#)

Open can of jackfruit, rinse and drain. Use the flat side of a chef knife or wood rolling pin to flatten the jackfruit. There is a core which can be cut out if desired, but I find it is soft enough to flatten and I keep this part. There will be seeds which will easily flatten.

Warm up a large skillet, place flattened jackfruit. Begin to warm the jackfruit. Add spice packet and water per directions. Cook until most of the liquid has evaporated.

Assemble tacos with desired condiments.