

## PULLED CHICKEN SAMMIES + COLESLAW

### GROCERY LIST:

- Chicken Breast
- Jackfruit - 1 can is plenty for two people
- 1 small onion, finely diced
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- ¼ cup brown sugar
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dry mustard
- ½ teaspoon paprika
- 1 tablespoon molasses
- 1 can (15 oz) tomato sauce
- 1 can (6 oz) tomato paste
- 2 tablespoons white wine vinegar
- 2 teaspoons Worcestershire sauce
- Something smokey?
- Buns!

### SLOW COOKER:

If you're using a slow cooker, add all of the ingredients into the pot. Cook for 4 hours on high or 7ish hours on low. It should be easy to shred by the time it's done. Jackfruit can be prepared the same way.

### OVEN:

1. Preheat the oven to 350°F
2. Cut a few slices across each of the chicken breasts. Place the chicken on a baking tray. Set aside.

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3. Place the BBQ sauce ingredients in a large bowl, and mix well.
4. Pour the sauce evenly over the chicken breasts and into the slices. Use almost all of the sauce. Save about  $\frac{1}{3}$  of it.
5. Cook for 40 to 45 minutes, until the chicken is cooked through. Use a thermometer to check. The thickest cut should be at 165 F.
6. Place the chicken into a large bowl and shred it using two forks or a hand mixer. A food processor might work too!
7. Scoop up any remaining sauce from the baking tray and mix it into the shredded chicken.
8. Serve pulled chicken on tasty buns and drizzle some of the extra sauce on the chicken.

### STOVE TOP:

1. Mix together the BBQ sauce ingredients and set aside.
2. Pat chicken breasts dry and add salt and pepper to both sides.
3. Heat a large skillet (with lid) over medium heat and melt butter or use oil
4. Add chicken to pan and cook until they are light brown. Flip them and add in the BBQ sauce
5. Bring the sauce to a simmer and lower heat to medium-low. Cover and cook for about 5 minutes, flip the chicken and cook until your meat thermometer reads 165 F - shouldn't take more than 6 minutes.
6. Place chicken on a cutting board and let rest. 10 minutes.
7. Keep the sauce on the stove, uncovered, on low. Stir occasionally.
8. Shred chicken. Put it back in the sauce pan on the stove, stir and serve on tasty buns!

### VEGAN ALTERNATIVE:

1. Empty the water from a can of jackfruit and rinse in a strainer.
2. Shred the jackfruit, it's easy to pull apart!

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3. Cook the jackfruit with the BBQ sauce on the stove, in a saucepan and over medium heat. About 10 minutes.
4. Serve on tasty buns with a little bbq drizzle.

## VEGAN FRIENDLY COLESLAW

### Grocery List:

- Slaw ready salad mix (keep it easy, they have premade slaw cabbage at the store)
- Option shredded (2) carrots and/or (1) onions
- 4 tablespoons apple cider vinegar
- 4 teaspoons Dijon mustard
- 1 teaspoon salt & pepper
- 8 tablespoons olive oil
- 1 tablespoon honey
- Celery seed

### Instructions:

1. In a small bowl whisk together all of the wet ingredients.
2. In a separate bowl mix together all of the produce (dry ingredients)
3. Start small and pour a little bit of the wet mixture into the dry mixture until the desired amount of dressing is achieved.
4. Season with extra seasoning as needed.

## GREEN BEANS

### Grocery List:

- 1 lb green beans - fresh or frozen
- 1 tablespoon of butter or vegan butter or oil
- 1 garlic clove
- 1 tablespoon of whatever herbs your heart desires - basil, thyme, rosemary, etc
- Salt and pepper to taste

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### Instructions:

1. Steam the green beans for 7-9 minutes, just until soft. Fill the bottom of a pot with water, and bring the water to a boil. Place a colander over the water and put the beans inside. Cover with a lid.
2. Once the beans are soft, add the butter/oil to a skillet over medium heat. When melted add in the garlic and move the beans to the skillet. The garlic burns easily so you need a lot of attention here.
3. Saute the beans. About 2 minutes.
4. Add in the salt, pepper and herbs.