Time to Veg Out!



Although it is unlikely that the United States will have a drastic meat shortage amid the COVID 19 pandemic, what a better time than now, to check out some hearty recipes in place of the classics? My husband and son love a good burger, but frankly, I have not purchased too much ground beef since the COVID 19 closures began in March. I stopped eating red meat about two years ago so I don't purchase beef weekly for them anymore. So now, when I take my trip to the grocery store, I concentrate on getting in and out quickly, and sometimes the beef has just not been available. On a whim, I whipped up these burgers and they LOVED them. They were hearty, flavorful and most importantly, FILLING.
https://thepioneerwoman.com/cooking/black-bean-burger/?printable_recipe=11831



How about a flavorful pulled pork sandwich or quesadilla? Well, if you can't find any pork to purchase, how can you make this tasty treat? JACKFRUIT! Yep, a fruit that can serve as a meat substitute! Now I hear ripe Jackfruit can be pungent... PE YEW! Not something I want sitting on my counter, but did you know Jackfruit comes in cans and frozen? Check out the following sites for more details.
https://www.wholefoodsmarket.com/tips-and-ideas/archive/get-know-jackfruit

https://thejackfruitcompany.com/



I have been wanting to try this. If you do, let me know how it is!
And now, for the recipe:
https://minimalistbaker.com/bbq-jackfruit-sandwiches-with-avocado-slaw/