

SLOW COOKER JACKFRUIT AND DUMPLINGS

Recipe makes
6 servings

Prep time
15 minutes

Cook time
6–8 hours

NUTRITION INFO PER SERVING

(1/6 recipe with
1 dumpling)

Calories 230

Protein 3 g

Phenylalanine 114 mg



INGREDIENTS

JACKFRUIT

- 2 Tbsp olive oil
- 3/4 cup red pepper, diced
- 3/4 cup yellow pepper, diced
- 2 cloves garlic, chopped
- 3 cups eggplant, diced
- 1 cup red onion, sliced thick
- 1 1/2 cups zucchini, diced
- 20 oz can jackfruit, drained and shredded
- 10 cherry tomatoes, halved
- 1 tsp basil, dry
- 1 tsp oregano
- 1 cup canned chopped tomatoes
- 1 cup vegetable stock

DUMPLINGS

- 1 cup low protein flour
- 1/2 tsp baking powder
- 2 Tbsp butter, cold, grated
- 1/4 cup low protein mozzarella style shreds
- 5 Tbsp cold water

DIRECTIONS

FOR THE JACKFRUIT

- 1 Heat oil in a large frying pan; add peppers, garlic, eggplant, onions, zucchini, jackfruit, cherry tomatoes, and herbs. Cook for 5 minutes or until vegetables are soft.
- 2 Add canned tomatoes and stock; simmer for 10 minutes.
- 3 Pour the mixture into slow cooker and cook for 5 hours on medium heat.

FOR THE DUMPLINGS

- 1 After the jackfruit has cooked for 5 hours, make the dumplings.
- 2 Add low protein flour and baking powder to a medium-sized bowl; stir in butter until evenly distributed.
- 3 Add the mozzarella style shreds.
- 4 Mix in 4–5 Tbsp cold water with your hands to make a soft, slightly sticky dough (add a little more water if needed). Divide into 6 parts and roll into balls.
- 5 Arrange the dumplings over the jackfruit in the slow cooker; cover, and cook for 30–45 minutes until the dumplings are golden brown.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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