



Makes 4 stuffed sweet potatoes
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

4 small sweet potatoes

¼ cup apple cider vinegar

1 tablespoon + 2 teaspoons pure cane sugar

1 medium red onion, halved and thinly sliced

1 15-oz. can no-salt-added tomato sauce

1½ teaspoons chili powder

1 teaspoons dried oregano

2 cloves garlic, minced

½ teaspoon smoked paprika

½ teaspoon ground ginger

1 14-oz. can green jackfruit, drained and chopped

1 cup refrigerated steamed lentils

Sliced English cucumber (optional)

Barbecue Stuffed Sweet Potatoes with Smoky Jackfruit

Vegan sloppy Joes meet baked potatoes in these delicious barbecue-loaded sweet potatoes. Meaty-textured **jackfruit** and nutrient-dense lentils are simmered in a smoky-sweet sauce and mixed into the potato flesh to mimic all the best flavors of barbecue without any of the animal products. Quick-pickled onions add tang and fresh cucumber brings a tasty crunch to every bite of this satisfying dish. Serve on its own or with a side of your favorite **whole grains**.

Tip: Sweet potatoes can be very large; try to pick smaller, rounded potatoes for this robust main course.

By Shelli McConnell

- 1 Preheat oven to 425°F. Scrub sweet potatoes thoroughly; pat dry. Prick sweet potatoes all over with a fork. Place in a 3-quart rectangular baking dish. Bake 40 to 60 minutes or until tender. Let stand until cool enough to handle.
- 2 Meanwhile, for quick-pickled onion, in a small saucepan bring vinegar, 2 teaspoons of the sugar, and 1½ teaspoon water to boiling. Stir in onion. Remove from heat; let stand for at least 20 minutes, stirring occasionally. Drain before using.
- 3 In a medium saucepan stir together the next six ingredients (through ginger) and the remaining 1 tablespoon sugar. Stir in jackfruit and lentils. Bring to boiling; reduce heat. Cover and simmer 5 minutes to heat through, stirring occasionally.
- 4 Cut a slit in tops of the potatoes. Fluff potato pulp with a fork. Top with jackfruit mixture, pickled onion, and cucumber (if using).