



**Makes 8 cups**  
**Preparation Time: 30 minutes**  
**Cook Time: 30 minutes**

#### INGREDIENTS:

1 cup long grain brown rice

2 cups low-sodium vegetable broth

1 medium red bell pepper, cut into thin bite-size strips

½ cup chopped red onion

1 to 2 fresh jalapeño chiles, chopped (see tip, recipe intro) (optional)

4 cloves garlic, minced

2 14-oz. cans no-salt-added young jackfruit, rinsed and drained

2 15-oz. cans no-salt-added red beans, rinsed and drained (3 cups)

1 tablespoon paprika

1¼ teaspoon sea salt

1 teaspoon ground cumin

½ to 1 teaspoon freshly ground black pepper

½ teaspoon dried thyme

½ teaspoon ground allspice

¼ teaspoon ground cinnamon

½ cup chopped fresh cilantro

1½ teaspoon lime zest

2 to 3 tablespoons lime juice

½ cup unsweetened shredded coconut, lightly toasted

Lime wedges

## Jerk Jackfruit Skillet with Red Beans

Comforting and hearty, this jerk-seasoned **jackfruit** skillet supper brings the full-bodied flavors of the Caribbean to your dinner table any day of the week and goes well with a side of steamed greens. No need to run out and look for jerk seasoning; you can make your own using a streamlined recipe featuring the characteristic flavors of thyme, allspice, cinnamon, and cumin. Jackfruit perfectly absorbs this earthy, warm “jerk” flavor and provides a shredded meat texture, while creamy red beans and brown rice add extra substance. Fresh jalapeño **chiles** (optional) dial up the heat. Feel free to make this loaded jerk jackfruit skillet as hot (or not) as you like—add up to two jalapeños and leave the seeds in if you like it spicy. Coconut flakes, fresh cilantro, and lime juice round out the delicious tropical flavor while keeping the dish low in fat.

### Tips

**Jackfruit:** If you can’t find canned jackfruit with no salt added, you can use jackfruit with added salt—just rinse and drain the jackfruit well before using it. You can also look for vacuum-packed jackfruit with no salt added.

**Gloves:** Wearing gloves is advised when cooking with hot chiles like jalapeño, as they contain oils that can irritate your skin and eyes.

For more inspiration, check out these tasty ideas:

- [Jerk Grain Bowls with Air-Fried Plantain Chips](#)
- [Jerk Black Bean Soup with Mango Salsa](#)
- [Spicy Jerk Mushroom Kabobs with Mango Salsa](#)
- [Caribbean Black Bean Soup with Mango Relish](#)

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- 1 In a large saucepan bring rice and broth just to boiling; reduce heat. Cover and cook for 40 to 45 minutes or until rice is tender and liquid is absorbed. Remove from heat; let stand, covered, 5 minutes.
- 2 Meanwhile, in an extra-large skillet, cook bell pepper, onion, and jalapeño (if using) over medium-high for 4 to 6 minutes or until softened, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in garlic.
- 3 Coarsely chop any large pieces of jackfruit. Add jackfruit and the next eight ingredients (through cinnamon) to the skillet. Cook for 4 to 6 minutes or until heated through, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 4 Add cooked rice, ¼ cup of the cilantro, the lime zest, and lime juice to skillet (skillet will be full). Stir until well mixed.
- 5 Top servings of jackfruit mixture with the remaining cilantro and the coconut. Serve with lime wedges.