



Makes 4 cups stew + 2 cups rice
Preparation Time: 30 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 medium carrots, chopped (1 cup)
3 cloves garlic, minced
2 teaspoons minced fresh ginger
3 cups water or coconut water
1 large portobello mushroom, stem and gills removed, quartered and cut into ½-inch-thick slices
1 tablespoon no-salt-added tomato paste
2 teaspoons low-sodium red miso paste
¾ teaspoon Chinese five-spice powder
1 20-oz. can no-salt-added canned green jackfruit, rinsed and drained (2 cups)
8 oz. sweet potato, peeled and chopped (1½ cups)
1 stalk lemongrass, cut crosswise into thirds and lightly smashed
2 tablespoons reduced-sodium soy sauce
2 teaspoons date syrup or pure maple syrup (optional)
2 cups cooked brown rice
½ of a fresh long medium-hot red chile, thinly sliced (see tip, recipe intro) (optional)
Fresh cilantro leaves

Five-Spice Sweet Potato and Jackfruit Stew

This chunky sweet potato and **jackfruit** stew is the perfect thing to warm you up on a chilly evening. The neutral flavor of young green jackfruit absorbs the complex heat of five-spice powder and the floral notes of lemongrass. **Sweet potato** and carrots complement the fleshy jackfruit and tender morsels of mushrooms. To make this a complete meal, serve it over brown rice, quinoa, or another whole grain. Garnish with cilantro and, if you like it spicy, thinly sliced fresh red chile.

Tips

Gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Jackfruit: Be sure to use young green jackfruit packed in water, not the yellow ripe jackfruit in sweetened syrup.

For more inspiration, check out these tasty ideas:

- [Caribbean Sweet Potato Stew](#)
- [Jamaican Vegetable Stew with Mini Dumplings](#)
- [Lemon Orzo Soup with Jackfruit](#)
- [Jackfruit Chowder](#)

By Cameron Stauch

- 1 In a medium saucepan combine carrots, garlic, ginger, and ½ cup of the water. Cook over medium 10 minutes or until all water has evaporated, stirring occasionally.
- 2 Add mushroom slices; cook over medium 5 minutes or until slices have released all liquid and shrunken in size, stirring occasionally. Stir in tomato paste, miso, and five-spice powder. Cook and stir 2 minutes more.
- 3 Add the remaining 2½ cups water. Stir to loosen any bits stuck to bottom of pan. Add jackfruit, sweet potato, lemongrass, and soy sauce. Bring to boiling; reduce heat. Partially cover and simmer 15 minutes or until sweet potato and carrots are fork-tender.
- 4 Taste and adjust seasoning, drizzling with date syrup if needed to balance bitterness. Spoon brown rice and stew into serving bowls. Top with chile (if using) and cilantro.