

Jackfruit Brunswick Stew

Makes 9 cups | Active Time: 55 minutes | Total Time: 1 hour

Swick

Chef's Notes

Suggested adult serving: 3 cups

Store any leftover stew in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Young Jackfruit: Look for cans of jackfruit labeled “young,” “green,” or “unripened,” and make sure you select versions sold in water or brine—never syrup. Canned jackfruit can be found in Asian and Indian grocery stores.

Worcestershire Sauce: Warning: Some standard Worcestershires contain anchovies! Annie’s Naturals is a good vegan option. For gluten-free, try Edward & Sons.

Blackstrap Molasses: Molasses is the sticky liquid that remains after the sugar has been extracted from sugar cane and sugar beets. The first boiling of the syrup yields light molasses, the second results in dark molasses, and the third yields the thickest, most robust molasses known as blackstrap. While light and dark molasses can mostly be used interchangeably, blackstrap should be used only when recipes specifically call for it.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Step 1: Make the Stew

- 9 oz red potatoes scrubbed & diced (≈1 1/2 cups)
- 1 1/2 yellow onions chopped (≈1 1/2 cups)
- 4 1/2 cloves garlic minced (≈1 1/2 tablespoons)
- 3 cups low-sodium vegetable broth
- 1 1/2 (15-oz) cans butter beans, drained & rinsed (≈2 1/4 cups)
- 1 1/2 (15-oz) cans low-sodium fire-roasted diced tomatoes with their juices
- 4 1/2 oz okra sliced (≈1 1/2 cups)
- 1 1/2 (14-oz) cans young jackfruit drained, rinsed & shredded
- 3 3/4 oz frozen corn (≈3/4 cup)
- 1/4 cup ketchup
- 2 tablespoons vegan Worcestershire sauce
- 1 1/2 tablespoons blackstrap molasses
- 3/4 teaspoon smoked paprika
- 1/3 teaspoon cayenne pepper

SAUTÉ POTATOES & ONIONS

In a stockpot over medium heat, cook red potatoes, onions, and garlic, stirring occasionally, for 3 to 4 minutes. Add vegetable broth 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

SIMMER STEW

Stir in remaining vegetable broth, butter beans, fire-roasted tomatoes with their juices, okra, jackfruit, corn, ketchup, Worcestershire sauce, blackstrap molasses, smoked paprika, and cayenne. Bring to a boil. Reduce heat to medium-low and simmer, covered, until potatoes are tender, 25 minutes.

Season with salt and pepper to taste.