

Spicy Jackfruit and Black Bean Stew with Bananas

Ingredients

- Olive oil, for cooking
- 1 small onion, diced
- 3 cloves of garlic, chopped
- 1-inch chunk of ginger, minced
- 1-2 chili peppers, seeded and diced
- 1 poblano pepper, diced
- 1 tbsp. curry powder
- ½ tsp. dried ground cloves
- 1 20 oz. can of jackfruit, drained
- ½ lb. dried black beans
- 2 cups diced canned tomatoes, including can's liquid
- 4 cups water
- 13.5 oz. can full-fat coconut milk
- 1 tsp. agave nectar
- 2 bananas, just ripe but still fairly firm, chopped into pieces
- Juice from 1 lime
- Salt and pepper, to taste

Steps

1. Heat the oil in a large pot. Add diced onions, and cook for a minute before adding the garlic and ginger. Sauté for another minute, and then add the chili and poblano peppers. Next add the spices and toast for a minute, before adding the jackfruit. Sauté for around five minutes, tossing the jackfruit in the oil, before using a potato masher to break up the chunks of jackfruit.
2. Add the dried beans, stirring to coat them in the oil and seasonings, and then the canned tomatoes and water. Bring the mixture to a boil, and reduce to a simmer, until the beans are cooked.
3. Once the beans are fully cooked, add the coconut milk and agave, mixing until well incorporated. Turn off the heat and add in the bananas and lime juice, stirring gently to avoid mashing the bananas. Add salt and pepper to taste, and serve with rice.

