

Caribbean Jerk Sweet Potato and Black Bean Curry

A vibrant Caribbean-inspired curry featuring sweet potatoes and black beans in aromatic jerk spices—naturally low-GI and perfect for steady blood sugar.

Prep: 20 min

Cook: 35 min

Total: 55 min

Servings: 10

GL 22.2 / GI 45

Ingredients

onions, 1 diced and 1 roughly chopped

sunflower oil

fresh ginger, roughly chopped

fresh coriander, leaves and stalks separated

jerk seasoning blend

fresh thyme sprigs

canned chopped tomatoes

red wine vinegar

Consider reducing to 1-2 tbsp or substitute with 1 tbsp coconut sugar for lower glycemic impact demerara sugar

vegetable stock cubes, crumbled

sweet potatoes, peeled and cut into chunks

canned black beans, rinsed and drained

jarred roasted red peppers, cut into thick slices

Instructions

Step 1

Heat the sunflower oil in a large heavy-bottomed pot or Dutch oven over medium heat. Add the diced onion and cook gently for 8-10 minutes, stirring occasionally, until softened and translucent but not browned.

Step 2

While the onion softens, prepare the jerk paste by combining the roughly chopped onion, ginger, coriander stalks, and jerk seasoning in a blender or food processor. Pulse until you have a fragrant, chunky paste.

Step 3

Add the jerk paste to the softened onions and cook for 3-4 minutes, stirring frequently, until the mixture becomes very aromatic and the raw smell dissipates. The paste should darken slightly and release its essential oils.

Step 4

Stir in the thyme sprigs, chopped tomatoes, red wine vinegar, demerara sugar, crumbled stock cubes, and 600ml of water. Bring the mixture to a gentle simmer, then reduce heat and let it bubble gently for 10 minutes to develop the flavors.

Step 5

Add the sweet potato chunks to the simmering sauce, ensuring they're mostly submerged. Continue simmering for 10 minutes, stirring occasionally, until the sweet potatoes just begin to soften around the edges but still hold their shape.

Step 6

Fold in the drained black beans and sliced roasted red peppers. Season with salt and black pepper to taste. Simmer for an additional 5-7 minutes until the sweet potatoes are tender when pierced with a fork but not falling apart, and the beans are heated through.

Step 7

Remove from heat and roughly chop most of the coriander leaves, stirring them through the curry. Let the curry rest for 5 minutes before serving to allow flavors to meld. Garnish with the remaining whole coriander leaves and serve with cauliflower rice or a small portion of basmati rice cooked al dente for optimal blood sugar control.