

# Peanut BITES



October 2016 | Vol 8.8

## Peanut Butter Chili is the Winner!



The Peanut Institute partnered with [Meatless Monday](#) and the [Natural Gourmet Institute](#) for the [#PickPeanutProtein](#) recipe contest on Instagram.

The winning [#PickPeanutProtein](#) recipe packs 24 grams of plant protein per serving. Perfect for any occasion, this Peanut Butter Chili recipe will fill you up

### In This Issue

[Peanut Butter Chili is a Winner!](#)

[Why #PickPeanutProtein](#)

[The Sponsors](#)

[Recipe: Peanut Butter Chili with Pinto Beans](#)

### Peanut Butter Chili with Pinto Beans



- 1 Tbs olive oil
- 1 large yellow onion, diced
- 1 red bell pepper, diced
- 1 Tbs each: sweet paprika, chopped garlic
- 1 tsp each: smoked paprika, ground mustard, ground cumin, cumin seeds, dried basil, turmeric
- 1 Tbs tomato paste
- 1 28-oz can whole tomatoes, with juices
- 3 cups dried pinto beans, soaked overnight (OR 3 14-oz cans pinto beans, drained and rinsed)
- 1 large sweet potato, diced
- 1 cup peanut butter
- 6 cups vegetable stock
- 1 Tbs Worcestershire sauce  
fresh basil and cilantro,

without filling you out!

The first place winner will receive a Vitamix Professional Series 750 Heritage Blender, complementary tuition for a cooking class at the Natural Gourmet Institute in NYC, and the winning recipes will be promoted by all of the sponsors.

Two runners up will receive a large gourmet gift basket from The Peanut Institute, containing healthy, delicious peanut products:

- **Second Place:** Nutty Quinoa Bowl with Fried Plantains.
- **Third place:** Creamy Peanut Butter Noodles with Veggies and Lime

[Click here](#) or check out [#PickPeanutProtein](#) to see the full winning recipes, as well as other delicious peanut-powered recipes!

## Why Should You #PickPeanutProtein?

Studies consistently show that diets low in meat and high in plant foods are associated with reduced rates of cancer, heart disease, and obesity. The latest evidence from Harvard School of Public Health demonstrates that plant protein, specifically peanuts and peanut butter, also reduces type 2 diabetes risk.

This new study found that substituting a serving of peanuts or peanut butter for a serving of processed or red meat, once per day, reduced diabetes risk by 11-21%.

## A bit about the sponsors...

**Meatless Monday** is a non-profit initiative of **The Monday Campaigns**, with a goal to improve the health of humans and the planet with its simple message of "Once a week, cut the meat." Now entering its second decade, Meatless Monday has a global following in over 36 countries and in 12 languages, demonstrating the universal appeal of an idea that is simple to understand and easy to do.

The **Natural Gourmet Institute** is a leading health-

chopped  
1 tsp salt  
1/2 tsp black pepper  
Optional garnish: avocado, radishes, cilantro, toasted peanuts

Heat oil in a large soup pot over medium-low heat. Add onion and sauté until translucent, about 5 min.

Add bell pepper and cook for a few minutes, until softened. Stir in all spices from sweet paprika through turmeric, and cook for 1 min, until fragrant. Stir in tomato paste.

Add tomatoes, mashed. Add beans, sweet potato, peanut butter, stock, Worcestershire sauce, basil, cilantro, salt, and pepper. Bring to a boil then simmer for about 45 minutes, or until beans are soft and chili has thickened. Serves 8-10.

**Nutrition per serving:**  
Calories: 494, Protein: 24 g, Carbohydrates: 53g, Fiber: 14g, Fat: 23g, Saturated Fat: 4g, Cholesterol: 0mg, Sodium: 579mg, Potassium: 1229mg

focused culinary school in New York City. Their focus is on plant-based whole foods cuisine, with an emphasis on traditional, unrefined ingredients. To date, the Natural Gourmet Institute has graduated over 2,500 chefs from over 45 countries.

**The Peanut Institute** is a non-profit organization that supports nutrition research, and develops educational programs to encourage healthy lifestyles that include peanuts and peanut products.