

Nutrition In A Nutshell



Peanut Butter Chili Wins Cooking Contest

(NAPSA)—Here's food for thought: Studies consistently show that diets low in meat and high in plant foods are associated with reduced rates of cancer, heart disease and obesity. Now, 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 one of processed or red meat, once a day, reduced diabetes risk by 11 to 21 percent.

To celebrate this great news, The Peanut Institute partnered with Meatless Monday and the Natural Gourmet Institute to create a #PickPeanutProtein recipe contest.

"Peanuts are a nutritious, delicious and convenient food to swap for meat in your Meatless Monday meals and throughout the week," says Diana Rice, a registered dietitian on staff with Meatless Monday.

The winning recipe, Peanut Butter Chili with Pinto Beans, packs a big 24 grams of plant protein and 14 grams of fiber per serving.

Peanut Butter Chili with Pinto Beans (Yield: 8–10 servings)

- 1 Tablespoon extra virgin olive oil
- 1 large yellow onion, diced
- 1 red bell pepper, diced
- 1 Tablespoon sweet paprika
- 1 Tablespoon chopped garlic
- 1 teaspoon smoked paprika
- 1 teaspoon ground mustard
- 1 teaspoon ground cumin
- 1 teaspoon cumin seeds
- 1 teaspoon dried basil
- 1 teaspoon turmeric
- 1 Tablespoon tomato paste
- 1 28-ounce can whole tomatoes, mashed, with juices
- 3 cups pinto beans, soaked overnight (or 3 15-oz cans)
- 1 large sweet potato, diced
- 1 cup peanut butter
- 6 cups vegetable stock
- 1 Tablespoon Worcestershire sauce



Packed with protein and good taste, Peanut Butter Chili with Pinto Beans can be your go-to meal on Meatless Monday and any other day.

**Fresh basil and cilantro,
chopped**

1 teaspoon sea salt

½ teaspoon black pepper

**Optional toppings: avocado,
radishes, cilantro, toasted
peanuts**

Heat oil in a large pot over medium-low heat. Add onion and sauté until translucent, about 5 minutes. Add bell pepper, cook until softened. Stir in the first eight spices and cook for 1 minute. Stir in tomato paste. Add all remaining ingredients. Bring to a boil, then simmer for about 45 minutes, or until beans are soft and chili has thickened.

Learn More

Visit www.peanutpower.org, www.meatlessmonday.com and www.naturalgourmetinstitute.com for many more delicious plant and peanut-powered recipes.

• *Meatless Monday is a nonprofit campaign that seeks to improve personal health and the health of the planet with a simple message, "One day a week, cut out meat." The Natural Gourmet Institute is a leading health-focused culinary school in New York City, focusing on plant-based whole foods cuisine. The Peanut Institute is a nonprofit organization that supports nutrition research and educational programs to encourage healthy lifestyles.*