

Good Nutrition

{and a taste as big as Texas}



RECIPES FROM THE TEXAS PEANUT PRODUCERS BOARD



Everybody Loves Peanuts

{but no one loves them more than Texas Peanut Farmers.}

We're the oldest commodity board in Texas, and probably the proudest. Way back in 1969, Texas peanut producers foresaw the need to fund research, market development, education and promotion. We voted to create a voluntary farmer-funded check-off program to help advance and strengthen our product, and the Texas Peanut Producers Board (TPPB) was born.

And boy, has it paid off. With more than 190,000 planted peanut acres, Texas is now the second-largest peanut-producing state. The Texas economy benefits by up to \$1 billion annually from the peanut industry. Since its inception, the TPPB has grown from nine to twelve directors.

IMPROVING PRODUCTION THROUGH RESEARCH

The TPPB is fully farmer-funded, operating on a voluntary \$2 per ton check-off from the state's peanut production. Half of our \$1 million annual budget goes toward research projects aimed at making Texas peanut production more efficient and profitable for our farmers.

That includes everything from improving disease resistance to perfecting water conservation strategies and techniques. We've found state-of-the-art is a great state to be in.

GREAT TASTE AND GOOD NUTRITION TO BOOT

Sure, peanuts are an all-time favorite flavor, but they've got a lot more than taste going for them. They're truly a super food, with more than 30 essential vitamins, minerals, phytonutrients and antioxidants. What's more, peanuts have more protein than any tree nut and contain monounsaturated fat—otherwise known as the “good fat”—which has been linked to heart health. Naturally high in fiber, peanuts are good for people with dietary issues like gluten intolerance or diabetes.

WE DON'T KNOW ABOUT YOU, BUT THIS IS MAKING US HUNGRY....

Enjoy these delicious and easy recipes—courtesy of your friends at the TPPB.







Poblano Chicken with Peanuts

1 (6–8 oz.) boneless, skinless chicken breast,
cut into strips

2 oz. peanut oil

2 skinless, seedless poblano peppers roasted on
the stovetop or grill

1 cup water

1/2 cup cilantro

salted peanuts

In a saucepan at medium heat, heat the oil for 30
seconds and add chicken. Cook for about 1 minute
on each side.

In a blender, add poblano peppers, water and
cilantro. Puree for 1 minute.

Add pepper puree to the chicken and cook for
about 3 more minutes.

Add the peanuts, stir well and serve.





Spicy Couscous with Peanuts

1 cup couscous

2 cups water

1 cup seedless red grapes, cut in half and cored

1 medium cucumber, peeled and
cut in 3/8-inch slices

1/3 cup salted peanuts

the juice of two lemons

a pinch of cayenne pepper

In a glass or stainless steel bowl, place
the couscous.

In a saucepan, bring water to a boil and add
couscous. Cover for 5 minutes.

Mix all remaining ingredients in the bowl
and serve.







Braised Beef with Red Chiles & Peanuts

2 (3 oz.) sirloin steaks cut into 3/8-inch strips

1 oz. peanut oil

4 dried New Mexico red chiles

1 cup water (for soaking the chiles)

1/2 cup peanut butter

1/2 chile serrano

1 tablespoon chocolate chips (semisweet)

1 tablespoon brown sugar

1 tablespoon pure honey

salt and pepper to taste

roasted peanuts for garnish

In a skillet at medium heat, add oil. Heat for 30 seconds; add beef. Cook while stirring for 3 minutes.

In a blender, place chiles, serrano pepper, peanut butter, chocolate chips, honey, and a pinch of salt and pepper. Puree everything until smooth.

Add the puree to the beef and cook for 3 minutes.

Serve hot. Use roasted peanuts as garnish if desired.

Peanut Molé Stew with Peanut Pico

For Stew: 1 (3-lb.) beef chuck shoulder roast, cut into 2-inch cubes

1/4 cup olive oil

1/2 cup flour

1 1/2 teaspoons salt

1 teaspoon freshly ground pepper

1/4 teaspoon cinnamon

scant 1/4 teaspoon ground cloves

2 teaspoons ground cumin

1/2 teaspoon cayenne pepper

1 large onion, chopped

4 cloves garlic, chopped

4 cups beef broth

1/4 cup chopped Mexican chocolate

1/3 cup smooth peanut butter

6 Roma tomatoes, chopped

1/2 cup raisins

For Pico: 1 cup salted and roasted peanuts, chopped

1/2 cup cilantro, chopped

1/2 medium onion, chopped

1 jalapeno, seeded and minced

1 large tomato, seeded and chopped

juice from 1/2 lime

salt and pepper to taste

Heat large, heavy-bottomed pot or Dutch oven over medium heat. Add olive oil.

Combine flour, salt and pepper in a large bowl. Add beef and stir to completely coat each piece.

Add seasoned meat to heated oil, and brown on all sides. This may have to be done in batches.

Stir in the rest of the ingredients, cover and cook on low for 2 1/2 hours, stirring occasionally. Add water if necessary. Combine ingredients for pico and chill.

Serve molé stew with pico.







Beef Brisket Tostados with Peanut-Chili Slaw

For Brisket: 1 (4-lb.) beef brisket, trimmed

2 teaspoons salt

1 teaspoon fresh ground pepper

12 oz. tomato Sofrito

For Slaw: 1 head green cabbage, cored, shredded

1 cup roasted and salted peanuts, chopped

1 cup cilantro leaves, chopped

3 tablespoons seasoned rice vinegar

salt to taste

1/2 tsp. cayenne pepper

For Tostados: 12 corn tortillas

Approximately 2 cups vegetable oil (1 inch of oil in frying pan)

Extra chopped peanuts for garnish

Preheat oven to 325 degrees. Place brisket on large piece of heavy duty aluminum foil. Sprinkle both sides of brisket with salt and pepper and wrap tightly in foil. Place in a 9 by 12-inch baking pan and cook for 4 hours (1 hour per pound).

Remove brisket from pan; unwrap foil. Add Sofrito and rewrap tightly in the foil. Return to the oven for 1 hour. While brisket is cooking its last hour, chop cabbage and mix with the rest of the ingredients. Adjust seasoning; chill.

Add vegetable oil to medium-size skillet until approximately 1 inch deep. Heat over medium until oil reaches 350 degrees. Fry one tortilla at a time until crispy, approximately 1–2 minutes. Remove and drain on paper towels.

Remove brisket from oven, and remove from pan, reserving the liquid. Shred the meat and add enough of the reserved liquid to make the meat saucy. Construct tostados with the tostado shell on bottom, shredded brisket and then the slaw.



Rubbed Flank Steak with Chipotle Peanut Sauce

For Steak: 1 (2-lb.) flank steak

4 garlic cloves

2 tablespoons peppercorns

1/2 medium onion, chopped

1/4 cup kosher salt

2 tablespoons cumin seeds

4 tablespoons light brown sugar

For Sauce: 2 tablespoons olive oil

1 medium onion, chopped

2 chipotle chilies in adobo sauce

2 tablespoons smooth peanut butter

2 cloves garlic, chopped

4 Roma tomatoes, quartered

salt to taste

For Steak: Combine garlic, peppercorns, onion, salt, cumin and brown sugar in a food processor.

Process until even-textured. Rub this on both sides of the flank steak and let sit 1 to 2 hours.

Cook over hot coals for 4 to 6 minutes per side. To serve, slice thinly, cross-grain on the diagonal.

Serve with Chipotle Peanut Sauce.

For Sauce: Heat olive oil in large skillet. Add onions and cook until transparent.

Add the rest of the ingredients and simmer on low until tomato pieces are tender and falling apart.

Let cool slightly and puree in a food processor or blender. Return to skillet and heat thoroughly, adjusting salt to taste.









These recipes
are great
for kids!

Peanut Breaded Chicken Fingers



2 boneless, skinless chicken breasts

1 cup plain bread crumbs

1/3 cup unsalted, crushed peanuts

1 large egg

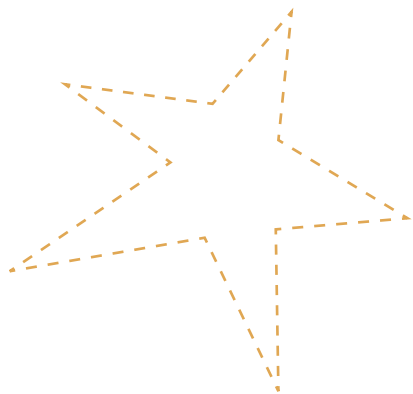
1 cup milk

1 cup all-purpose flour

salt and pepper, to taste

Cut chicken into 1/2-inch-wide strips. In a bowl, mix together peanuts and bread crumbs. In a second bowl, mix together egg and milk. In a third bowl mix, flour, salt and pepper.

Dredge the chicken in the flour mixture, then in the egg wash and lastly in the bread crumb mixture, coating well. Bake in a preheated oven at 350 for approximately 20 minutes. Serve hot.



Peanut Butter Dipping Sauce

1/2 cup peanut butter

2 oz. plain yogurt

1 tablespoon honey

a pinch of salt and cayenne pepper

Mix everything to make a smooth sauce.

Serve with raw veggies: carrots, celery, jicama sticks, etc.





**Texas Peanut
Producers Board**

www.texaspeanutboard.com

PEANUTS:
ENERGY
for the
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