

# Thinking Outside the Box!



## Pressure Cooker Pinto Bean Chili

Macronutrients (carbohydrates, proteins, and fats) are compounds that produce energy and are needed in large quantities to survive. Carbohydrates are our main source of glucose which provides us with our main source of energy or “fuel”. They are our optimum food source and should comprise the most of our diet, preferably in the form of complex carbohydrates such as whole grains, vegetables and potatoes. Fat is the densest form of energy, providing 9 calories per gram, as compared to protein and carbs both at 4 calories per gram. Fat assists with transporting fat soluble vitamins, make hormones, and brain development.

Protein is the building block for muscles and cells by way of amino acids. It is also key in supporting the immune system, transporting nutrients, and is a core component of organs, bones, enzymes, and hair. For the general public, an average sized man or woman need approximately 0.4 - 0.8 grams of protein per pound of body weight to meet needs. Body builders and competitive athletes may need a little bit more at approximately 1.0 - 1.2 grams of body weight, depending on goals and degree of training.

Since childhood, most were taught, that fresh chicken, pork, meat, fish, eggs, and milk provide the protein to help us grow big and strong. Protein from animal sources, gram for gram, is the most expensive macronutrient. Increasing protein intake by way of just animal products also increases the consumption of fat and calories. Although animal proteins tend to be the densest, plant based products like grains, nuts, soy, and vegetables also provide some protein. To meet protein needs, it is best to do so from a variety of food sources.

Legumes provide an average 7 - 8 grams of protein per serving but also pack a punch when it comes to vitamins, minerals, and fiber. There are a variety to choose from, such as kidney, navy, black, garbanzo, pinto, etc., so the amount of interesting dishes in the diet, is endless. Adding them or increasing their amount to your diet is economical, since legumes are some of the least expensive sources of protein gram for gram. They are practically fat free and a great source of fiber, so they are also waist friendly. Aim to consume legumes at least 2 - 3 times a week.

This recipe is quick and easy, and provides some leftovers. It is hearty enough to be served in place of an animal protein at any meal. Use the technique in the recipe for a quick way to routinely add dried legumes in your weekly menu. Keep a few bags of different types in your pantry, along with some broth and stewed tomatoes and experiment with your family for great chilies and soups.

### Ingredients: 6 servings

- 16 oz. bag of dry pinto beans
- 1 large yellow onion, diced
- 1 green pepper, cored and diced
- 1 red pepper, cored and diced
- 10 oz. fresh baby portabella mushrooms, finely minced
- 1-2 jalapeño peppers, seeded, and chopped
- 2 tbsp. olive oil
- 3 garlic cloves, minced
- 2 bay leaves
- 28-30 oz. canned low-sodium stewed tomatoes
- 14-15 oz. low-sodium canned whole corn, undrained
- 1 cup of strong brewed coffee
- 24 oz. low-sodium broth (vegetable or beef) or water
- 2 tsp. cumin
- 2 tsp. dried oregano
- 2 tbsp. chili powder
- 1 tsp. black pepper
- 1 tsp. salt
- 1 tsp. cocoa powder (optional)
- Nonfat plain Greek yogurt (optional)
- Shredded cheese (optional)
- Green onions (optional)

### Directions:

1. Rinse beans and then place in a bowl and fill with warm water. Set aside to soak.
2. Using the sauté function on the electric pressure cooker, heat olive oil, then add the onions, mushroom and green and red pepper. Sauté for a minute or two. Then add all the spices, (except the cocoa and bay leaves) and continue to sauté for a minute, stirring constantly.
3. Drain the pinto beans and then add to the pressure cooker. Add the remaining ingredients.
4. Place the lid on the pressure cooker and set for high pressure and set the time for 33 minutes.
5. Once the timer goes off, let it set for 10 minutes prior to releasing the pressure.
6. Serve about 1.5 cups of the chili in a deep bowl, top with a small dollop of plain Greek yogurt, a sprinkling of shredded cheese and freshly chopped green onions.

#### Tips:

- Consider using a different type dry beans for the recipe, such as black or kidney or using a combination of beans.
- Serve leftovers over nachos or baked potato.
- If adding meat (such as lean ground beef or turkey or cubed chicken breast), sauté in step one. Add just after sauté the vegetables and then drain prior to adding the spices.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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