

Savory Recipes using Peanut Butter!

Slow Cooker Thai Pork

- 1 cup chicken broth
- 1/3 cup soy sauce
- 1/3 cup creamy peanut butter
- 3 tbsp honey
- 6 cloves garlic, minced
- 2 tbsp fresh ginger (grated or minced)
- 1 tsp crushed red pepper flakes (optional)
- 2 bell peppers (Sliced into strips)
- 1 pound boneless pork chops

1. Place the pork chops at the bottom of the crockpot. Top with bell pepper strips.
2. In a bowl, mix together chicken broth, soy sauce, peanut butter, honey, garlic, ginger, and red pepper flakes. Whisk to combine and then pour over pork chops.
3. Cook on low for 5 to 6 hours or on high for 4 hours until the pork is tender.
4. Shred pork with a forks and serve over rice or pasta!

Peanut Butter Stir Fry Noodles

- 1 lime (juice and zest)
- 2 tbsp soy sauce
- 2 tsp water
- 1 tsp sesame oil
- 1/3 cup creamy peanut butter
- 2 tsp ginger root (grated or minced)
- 2 cloves garlic (minced)
- 8oz long pasta like spaghetti or linguine
- 3 cups stir fry veggies

1. Place lime juice/zest, soy sauce, water, sesame oil, peanut butter, ginger, and garlic in a blender and blend until smooth. Set aside.
2. Boil water and cook pasta until tender.
3. In a large skillet, saute stir fry veggies until tender. (I like to add a little water and steam them!)
4. Add cooked pasta to the pan and pour in sauce. Stir well to coat!

*You can add cooked chicken, ground beef/ground turkey, steak, etc.!

Peanut Butter Chili

- 14.5oz can diced tomatoes
- 1/2 cup water
- 3 cloves garlic, minced
- 1-3 tsp chili powder
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 15oz can black beans (rinsed and drained)
- 15oz can kidney beans (rinsed and drained)
- 1/3 cup creamy peanut butter

1. In a large pot, add diced tomatoes, water, garlic, chili powder, Italian seasoning. Over medium heat, let this cook for about 5 minutes.
2. Add in black beans and kidney beans. Stir well, cover, and simmer over medium heat for about 15 minutes.
3. Stir the peanut butter in and keep stirring until fully dissolved.
4. Serve with your favorite toppings like shredded cheese, sour cream, corn or tortilla chips, and anything else you like!

You can add ground beef, ground turkey, etc if you don't want the vegetarian option!

Asian Peanut Cabbage Slaw

- 11oz can mandarin oranges
- 1/4 cup sesame ginger dressing
- 2 tbsp peanut butter
- 1/4 tsp red pepper flakes (optional)
- 1/2 cup dry roasted peanuts (chopped)
- 1lb cabbage or slaw mix

1. In a bowl, drain the mandarin orange juice and whisk in sesame dressing, peanut butter, and red pepper flakes until well combine.
2. In a large bowl, combine mandarin oranges, chopped peanuts, and cabbage. Pour the dressing over and stir well to coat.

*Top with dry chow mein noodles for extra crunch!

Peanut Butter Snap Peas

- 1/4 cup peanut butter
 - 3 tbsp lime juice
 - 2 tbsp soy sauce
 - 1 tsp ginger root (grated or minced)
 - 1 pound fresh snap peas (trimmed)
1. In a bowl, whisk together peanut butter, lime juice, soy sauce, and ginger. Set aside.
 2. In a large skillet, saute the snap peas in oil until they soften.
 3. Remove from heat and pour the sauce over the peas to coat.

Thai Style Peanut Marinade

- 3 tbsp soy sauce
 - 2 tbsp BBQ sauce
 - 2 tbsp oil
 - 1 tsp white wine or broth
 - 2 tbsp creamy peanut butter
 - 1 tsp corn syrup
 - 1/2 tsp Worcestershire sauce
 - 1 tsp ginger root (minced or grated)
 - 1 tsp chili powder
 - 1/2 tsp garlic powder
 - 1 tsp black pepper
1. In a bowl, combine all ingredients together and whisk until smooth.
 2. Pour marinade over your choice of meat (pork or chicken). Let sit in refrigerator for at least 2-4 hours!

*This is a great sauce for stir fry too!

Southwest Peanut Dip

- 1/2 cup peanut butter
 - 6 tbsp salsa verde
 - 1/4 cup water
 - 2 tbsp sour cream
 - 1 tbsp lime juice
 - 1 tsp sugar
 - 3 tbsp fresh cilantro (chopped)
1. Placed all ingredients in a blender and then blend till smooth!
 2. Use this dip with fresh veggies, chips, or as a dipping sauce for meats like chicken, pork, or shrimp!

Peanut Butter Chicken Wings

- 4-5lbs chicken wings
 - 2 cups flour
 - 1/2 cup corn starch
 - 1/4 cup coconut milk
 - 1/4 cup siracha sauce (or a sweet chili sauce)
 - 1/4 cup creamy peanut butter
 - 1 tbsp chili powder
1. Combine flour and corn starch, then dredge your chicken wings until fully coated.
 2. Fry your chicken wings in oil until fully cooked (typically takes about 12 minutes) Work in batches if needed.
 3. In a saucepan on the stove, combine coconut milk, siracha sauce, creamy peanut butter, and chili powder over medium heat. Let cook about 4-5 minutes at a simmer. Sauce should thicken after a few minutes.
 4. Toss your chicken wings in the sauce!

This sauce is pretty spicy! You can substitute a mild chili sauce if needed!