



Tepary Bean RECIPES

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The mission of Native Seeds/SEARCH (Southwestern Endangered Aridland Resources Clearing House) is to conserve, distribute, and document the adapted and diverse varieties of agricultural seeds, their wild relatives and the role these seeds play in cultures of the American Southwest and Northwest Mexico.

Tepary beans are very high in protein and calcium. They contain high amounts of soluble fiber and are low on the glycemic index and are therefore very helpful in controlling cholesterol and diabetes. Tepary beans cause less gas than other beans and are easier to digest.

Tepary beans also offer some unique flavor and textural qualities that make them very versatile in the kitchen. They are ideal for soups, stews, and cold salads because they stay whole when cooked. When pureed, teparies have a creamy texture so they can also be used for dips and creamy soups. Their dense, meaty texture is great for vegetarian dishes.

Tepary beans have a rich, nutty flavor that is also slightly sweet. They work well warm or cold.

Basic Cooking Instructions:

Sort and rinse dried beans removing all pebbles and debris. Some cooks have found it helps to presoak beans for 8-12 hours. Others have found soaking does not reduce cooking time. If you have fresh beans, soaking may not be necessary. Drain and cover with fresh water for cooking. Slow cooking is best with tepary beans to bring out their full flavor and texture potential. Once cooked the beans will double in volume. At the time of cooking you can add seasonings such as cumin, Mexican oregano, chiles, garlic, onion or bay leaf. Add salt to taste at the end of cooking.

Stovetop: Place beans in a large pot with 2 quarts water for 1 lb dried beans. Bring to a slow boil or simmer until desired consistency, approximately 2-4 hours.

Slowcooker: This is the preferred method. Place beans in the pot and cover with water, 2 quarts per 1 lb dried beans. Put on low or medium for 8-12 hours.

Pressure cooker: This method can substantially cut down on cooking time but they will be more flavorful if boiled or slow cooked. Place cooker with beans and water on high heat for 30 minutes. Set aside and let pressure safely drop before opening, about 20 more minutes.

Tepary Bean Stew

1 lb dried tepary beans
1 small onion, chopped
2 cloves garlic, minced
½ tsp of cumin
¼ tsp Mexican oregano
salt and pepper to taste
2-3 quarts of chicken or vegetable stock

continued

Optional Ingredients:

2 chipotle chiles or 2 fresh chiles, chopped
2-3 carrots, chopped or grated
3-4 stalks celery, chopped
3 small tomatoes or 1 can diced tomatoes
2 red bell peppers, chopped
2 cups cholla buds, cooked
1 lb pork, deer, chicken or beef, cubed and browned in a separate skillet

Cook beans according to basic instructions with the onion and spices. White or brown beans work well with this stew. Drain and add beans to chicken or vegetable stock for more flavor. Add a few of the optional ingredients based on what you have on hand or the flavors you like. Simmer everything together for at least 1 hour before serving. Crushed chiltepinas are an excellent garnish.

Sausage and Kale White Tepary Bean Soup

2 C uncooked white tepary beans
4 quarts chicken stock
1 bay leaf
1 tsp oregano
1 lb Italian sausage
3 garlic cloves, minced
1 stalk celery
1 onion
1 carrot
2 bell peppers (your color choice)
2 large leaves of Kale (chopped without stems)

Cook beans according to basic instructions with bay leaf, oregano and water. Drain beans and return to pot with 2 cups of broth. Save 1/2 cup of cooked beans for later.

In a large skillet, cook Italian Sausage until brown, set sausage aside. In the same skillet sauté chopped celery, carrot, onion, peppers, and garlic. When veggies are soft, add beans. Puree it all together using a food processor, blender or emulsifier. Use the remaining chicken stock for desired thickness.

Sauté kale with 1 tsp olive oil. Add to soup with 1/2 cup cooked beans (saved back earlier). Bring to desired temperature. Garnish with sausage. Add sour cream or shredded cheddar cheese and serve.

Recipe adapted from Ramona Farms in Sacaton, Arizona. Ramona and her family have been growing tepary beans along the Gila River in the same location as her Pima ancestors have for centuries.

Tepary Bean Cakes

2 C cooked tepary beans, drained
1 bunch green onions, thinly sliced
1 fresh green chile (or jalapeño) finely chopped
1 tsp chile powder
½ tsp cumin
2 cloves garlic, minced
2 eggs, beaten lightly
2 Tbsp cilantro, chopped
1 C cornmeal
Oil for frying
Sour cream, salsa, avocado

Mash beans into paste or desired mashed consistency. Sauté green onions in oil, add to beans along with chiles, spices, and egg. The mixture should be stiff and the egg will help bind it together. Stir in cilantro. Put cornmeal in a shallow bowl. Form 1/4 cup of mixture into a flat patty, 1/4 inch thick. Roll patties in the cornmeal mixture to cover on all sides. Set aside or in fridge until ready to cook.

Heat oil in a large skillet, such as cast iron. You want about 1/4 inches of oil to cover the bottom of the pan. Sauté patties about 1-2 minutes on each side until golden. Drain patties on a paper towel to remove excess oil. Serve with sour cream, salsa and avocado. These tepary bean cakes can also be used as a veggie burger. A great use of leftover tepary beans.

Tamale Pie

Filling:

1 onion, chopped
2 cloves garlic, minced
1 Tbsp oil
2 tsp chile powder
½ tsp cumin
2 C cooked beans, mashed
2 Tbsp tomato paste
½ C whole kernel corn
½ green chile, chopped
½ C celery, chopped

Sauté onion and garlic in oil. Transfer to large bowl. Add remaining ingredients and combine. Season to taste and set aside.

Crust:

3 C boiling water
1 C cornmeal
1 tsp salt
½ tsp chile powder
½ grated white cheddar or Monterey Jack cheese

Stir cornmeal slowly into boiling water. Cook and stir until thick, adding salt and chile powder once mixture comes to a boil. Grease an 8x8" pan and spread 2/3 of cornmeal mixture over the bottom and sides. Pour in bean mixture. Drop and spread remaining cornmeal on top. Sprinkle with grated cheese and bake at 350 degrees for 30 minutes.

Tepary Bean Salad

1 lb tepary beans
3-4 cups fresh vegetables - use a combination of what you like and have fresh from your garden such as red onion, I'toi onion (green stems), celery, bell peppers, corn, jalepenos, or tomatoes.
1 cup cilantro, minced

Dressing:

1/2 C olive oil
1/4 C red wine vinegar
3 tsp. dried crushed thyme
1 garlic clove, minced or crushed
Salt and pepper to taste

Cook beans according to instructions. A mix of different colored beans is very attractive in this salad. After cooking drain and briefly rinse beans with cold water. Mix dressing ingredients in a small bowl and whisk until well mixed. When beans have cooled, add all chopped veggies and dressing. Refrigerate until ready to serve. Flavors will develop best if allowed to sit for several hours. This salad can be served as a side dish or over lettuce or cooked wheat berries for a main dish.

Tepary Bean "Hummus"

2 C cooked teparies, drained (reserve some of the cooking liquid)
1/3 C olive oil
1/3 C lemon juice
4 cloves garlic, minced
Salt and pepper to taste

Cook beans according to basic instructions. Drain and briefly rinse. Add beans and other ingredients to a food processor. Puree using the cooking liquid to thin if necessary.

Add in ingredients or garnishes based on flavors you enjoy and have in your garden. Some options include fresh cilantro, roasted chiles or red peppers, Mrs. Burns' Famous Lemon Basil, pine nuts, capers, I'toi onion greens, hot sauce or chilepines.

Serve with chips, veggies, or crackers. This dip also works well as a spread for sandwiches.

Tepary Chocolate Brownies

1 C cooked tepary beans, well drained
2 Tbsp instant coffee
1/2 C unsweetened cocoa powder
3/4 C sugar
3 Tbsp canola oil
1/2 C all-purpose flour
2 eggs, well beaten
1 tsp vanilla extract
1/2 tsp salt

Preheat oven to 325 degrees. Grease an 8-inch square pan. Process the cooked and well drained tepary beans in a food processor until smooth. Add the remaining ingredients and pulse until just combined. Batter will be thick. Spread in the prepared pan. Bake for 30-35 minutes. Cool before cutting.

Adapted from Cooking the Wild Southwest by Carolyn Niethammer.