



Native Foodways Recipes

Tepary Beans

Traditionally stewarded by the Tohono O'odham and many other Indigenous peoples ranging from the Sonoran Desert south throughout Mexico and Central America, tepary beans are a delicious Indigenous food that thrive in the desert heat with very little rain or irrigation. Tepary beans are very nutritious, containing high protein and soluble fiber that regulate cholesterol and blood sugar levels. In this way the tepary bean, like so many of our native foods, is seen as traditional medicine as well as traditional foodways. They can be used in any recipe that calls for beans or other legumes such as lentils or cowpeas. They hold their shape well after cooking, and thus are a good option for adding protein to salads, blending into a hummus, or coarsely blending and forming into vegetarian burger patties.

Ingredients

- 1 cup Tepary beans
- 6 whole cloves garlic
- 2 dried red New Mexico chile pods
- ½ yellow onion, quartered
- 2 tbsp. oil, lard, or butter
- Sea salt



Preparation

Soak tepary beans overnight -or- place tepary beans in pot with 4 cups of water and place on high heat. Turn off heat just before boiling and place a lid on the pot, let soak for 1 hour. Drain off all soaking water and refill pot with 4 cups of fresh water. Add garlic, onion, chile pods, and oil. Place on high heat and bring to a boil, reduce heat to simmer until beans are tender, approximately 45 mins-1 hr, time can vary depending on age of beans and specific bean type. Add salt to taste once they are done.

Option: Replace some or all of the cooking water with broth or stock of your choice. You can also add roasted bones of any kind to the pot to bring more flavor and nutrition. Enjoy!

