

# White Tepary Bean Soup

Budget-friendly recipe

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Ready in: 5 hours 0 mins.

*Stotoah bavi, or white tepary beans, are native to the Sonoran Desert of the Southwest. The O'odham have grown this smooth, sweet bean for centuries.*

## Ingredients

1 pound dried Stotoah Bavi (white tepary beans) *see Chef Tip below for substitutions*

8 cups Water *plus more if needed*

½ Medium onion *diced*

2 Cloves garlic *minced*

3 Carrots *chopped*

4 Stalks celery *chopped*

2 Bell peppers *chopped*

1 Potato *chopped*

3 cups low-sodium chicken or vegetable stock

1 Jalapeños *minced*

1 tablespoon Cumin

2 cups cooked cholla buds *optional*



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## What You'll Need

Measuring spoons

Measuring cups

Cutting board

Chef knife

Large soup pot with lid

Large spoon

## Directions

1. In a large soup pot, combine beans, water, garlic and onions. Beans should be covered by at least 4 inches of water. Bring to a boil, skimming off foam from surface of water. Cover, reduce heat to low, and simmer gently for 3 to 4 hours. (Or combine in a slow cooker and cook on low for 8 hours.)
2. Add remaining ingredients and stir gently. If needed, add more water. Bring to a simmer, then cover and cook for another 40 minutes on low heat.

## Chef Tips

Cannellini beans work well in this soup, too. Use 4 cups of canned beans – rinsed and drained well – in place of 1 pound (2 cups) dried beans.

When they're in season, cooked cholla buds are a delicious addition to this soup. Or try garnishing with cooked asparagus tips and lemon juice just before serving.

## Nutrition Info and more

Serving size: 2 cups

Total calories: 203 Total fat: 1.5 g Saturated fat: 0.4 g Carbohydrates: 38 g Protein: 10.5 g Fiber: 10.4 g Sodium: 104 mg