White Tepary Bean Soup

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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

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