



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.

Whether **tepary**, **bolita**, **Anasazi**, or **pinto**—once beans are cooked, they generally can be used interchangeably. **Teparies** (higher in fiber than most) will retain their shape the best and take the longest to cook. **Bolitas** are one of the creamiest beans and cook like **pintos**. Cooking times depend on the age of the beans—the fresher they are, the faster they'll cook. General bean cooking instructions are:

- Sort and rinse one pound dried beans.
- Place beans in large bowl with two quarts water, bring to a boil, cook for three minutes, stir, then remove from heat, cover and let stand for one to four hours.
- Drain beans.
- Place in large pot with fresh water to cover one inch above the beans. Bring to a boil and simmer until desired consistency (teparies will take approximately three hours.)

Anasazi Bean Soup

1 lb dried Anasazi beans
5—6 C water (or stock)
1 large onion, diced
1 small pepper pod and/or 1 T chile powder
1 bay leaf
28 oz can whole tomatoes, undrained and chopped
2 stalks celery, chopped
2 carrots, thinly sliced
2 cloves garlic, minced
½ tsp salt
1 tsp each lemon basil, cumin, thyme, oregano, epazote
2 T chopped cilantro

Clean and rinse beans; put into large pot. Add water and bring to a boil. Add all but cilantro; cover and cook over low heat 2-3 hours until beans are soft and liquid has thickened. Remove cover last hour of cooking to aid thickening, if desired. Garnish with cilantro before serving.

Note: *Lemon basil and epazote are available from Native Seeds/SEARCH. Feel free to substitute with herbs of your choice.*

Vegetarian Posole Stew

8 oz dried posole
4 cloves garlic, minced
1 bay leaf
1 small onion, chopped
4 c water
2 T vegetable broth powder
1 tsp each Mexican oregano and cumin seeds
½ lb tomatoes, chopped
1 fresh green chile, chopped
1 ½ C cooked beans
1 ¼ C chopped fresh cilantro (optional)

Rinse and soak posole overnight. Drain. Cook in plain water to cover one—two hours until tender. Add remaining ingredients and bring to a boil. Simmer, uncovered, 1 hour, stirring occasionally. Add cilantro and serve.

Teparary Chile

1 C dried tepary beans, rinsed and drained
2 tsp vegetable oil
1 small onion, chopped
1 small red bell pepper, chopped
2 cloves garlic, minced
½ tsp each of cumin, lemon, basil, and salt
¼ tsp Mexican oregano
1 chipotle chile (smoked jalapeño) optional
2 tomatoes, chopped

In large pan cover beans with 3 cups water and bring to a boil. Turn off heat and stir. Cover and let sit 1 hour, stir, then simmer covered 2-3 hours until cooked. Sauté onion, bell pepper, and garlic in oil until tender. Add to beans along with remaining ingredients. Simmer covered 1 hour.

Bolita Brownies

1 C cooked bolita beans, well drained
½ C carob powder
¾ C honey
½ tsp salt
¼ C oil
2 eggs, well beaten
½ C all purpose flour
½ C chopped walnuts
1 ½ tsp vanilla

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Butter an 8x8" pan. Line pan with wax paper and butter the paper. Whirl the beans in a food processor or blender until smooth. Add carob, honey, and salt; process until well mixed (5-10 seconds). Transfer to a large bowl; mix the bean mixture with rest of ingredients. Spread in prepared baking dish. Bake at 350 degrees for 30-35 minutes. Cool before removing from pan. Peel off wax paper and cut into squares.

Bean Cakes

2 C cooked beans, drained
2 tsp oil
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
½ C cooked rice
2 T cilantro, chopped
1 C cornmeal
Oil for frying
Sour cream and salsa

Mash beans into paste. Sauté green onions in oil, add to beans along with chiles and spices. Add rice as a thickener—the mixture should be stiff. Stir in cilantro. Put cornmeal in a shallow bowl or on wax paper. Spoon ¼ cup of mixture into meal using a spoon to turn it over and flatten into a patty. Heat oil in a large skillet, sauté patties about 2 minutes on each side until golden. Serve with sour cream and salsa.

Tamale Pie

Filling:

1 onion, chopped
2 cloves garlic
1 T oil
2 tsp chile powder
½ tsp cumin
2 C cooked beans, mashed
2 T tomato paste
½ C ripe olives, sliced
½ C whole kernel corn
½ green pepper, 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 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; then pour in bean mixture. Drop and spread remaining cornmeal on top. Sprinkle with grated cheese and bake at 350 degrees for 30 minutes.

Tepary Spread

2 C cooked teparies, drained
1 stalk celery
1 large carrot
1 onion
2 T oil
2 cloves garlic, minced
¼ C sunflower seeds
2 T wheat germ
1 T soy sauce
1 T wine vinegar
¼ tsp each of basil, oregano, cumin
2 T chopped green chiles, optional

Chop vegetables and sauté in oil with garlic. Grind sunflower seeds to a meal in blender, food processor, or mill. Combine teparies, cooked vegetables, sunflower meal, and remaining ingredients except chiles; process until smooth. Fold in chiles, if desired. Serve with crackers.

Caribbean-Style Bean Stew

2 C dried beans
6 C water
½ C onion, chopped
1 clove garlic, minced
2 tsp salt
¾ tsp oregano
½ tsp cumin
¼ tsp pepper
4 oz can green chiles
3 C yellow winter squash, peeled and cubed (uncooked)
8 oz can stewed tomatoes
2 C or more cooked rice
1-2 C jack cheese, in small chunks

Soak beans if necessary. Put beans, fresh water, onion, garlic, salt, oregano, cumin, and pepper in large pot and cook 2-3 hours until beans are mostly soft. Add the chiles, squash, and tomatoes and cook another half-hour. Serve with hot rice and cheese.

Sizzling Peanut Soup

1 C onions, chopped
1 T oil
1 C carrots, chopped
6 dried Pico de Gallo chiles
1 tsp fresh ginger root, grated
1 C cooked beans
1 ½ C winter squash in ½" cubes
3 C vegetable broth
8 oz can tomato sauce
1 C chunky peanut butter

In 5 quart Dutch oven, sauté onions in oil until soft. Add carrots, chiles, and ginger; sauté 2-3 minutes more. Add beans, squash, and broth. Simmer until squash is tender, about 30 minutes. Add tomato sauce, then peanut butter. Stir until smooth and thoroughly heated. Remove chiles and serve.