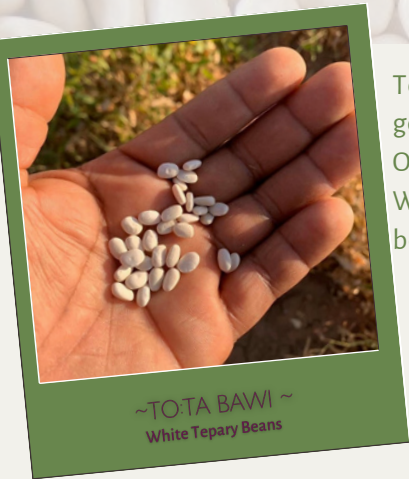


Tepary Beans



INTER TRIBAL COUNCIL OF ARIZONA, INC.



Tepary Beans have sustained the indigenous people of southern Arizona for countless generations as it is one of the most heat and drought tolerant crops in the world. In Tohono O'odham legend, the white tepary beans are scattered across the sky to make up the Milky Way. White tepary bean have an earthy, slightly sweet flavor compared to brown tepary beans.

Did you know?

- Soaking beans overnight cuts cooking time by about half
- Cooked, cooled beans can be frozen for 3-6 months, by placing 1-2 cups of cooked, cooled beans in a freezer safe container (do not freeze hot beans)



Cooking on the Stove Top

- Place 2 cups of clean, rinsed tepary beans in a pot
- Cover with 3 quarts (12 cups) of water
- Bring to rapid boil for 30 mins. and reduce heat to simmer
- Partially cover and cook beans until tender (about 2-4 hours or more) adding water as needed, salt to taste after cooking

Using the Crock Pot

- Place desired amount of clean, rinsed tepary beans in a crock pot, cover with water or broth and add another 2 inches
- Cover, cook on high for 8-10 hours, add water as needed

Uses

- Add to soups and stews
- Season to taste and eat as a side dish
- Offer 1-2 tbsps., of soft, whole beans to toddlers who are self feeding
- Cooked beans, mashed to a soft, smooth texture, can be fed, as a first food, to babies that have met growth milestones and are 6 months or older

Nutritional Highlights

- Bawi (teparry beans) are an excellent source of fiber and protein
- Foods that are high in fiber help prevent and control diabetes and reduce heart disease



Alexander Pancho Memorial Farms

O'odham farmers Noland and Terrol Johnson are brothers who operate Alexander Pancho Memorial Farm, a 40-acre traditional dry land family farm in Sells, AZ. They grow traditional O'odham crops, like tepary beans, using monsoon rain and forage for fresh cholla buds. They are proud famers who hope to reignite the use of traditional foods to improve the health and wellness of all indigenous people and honor their O'odham heritage.