



Lunch | PEAK SEASON: FALL

Roasted Squash & Tepoyah Bean Soup

Recipe by: Kiandra Call

White tepoyah beans (tepary beans) are a traditional indigenous food and one of the oldest cultivated beans in North America. Known for having a earthy-sweet and nutty flavor, these beans are an excellent high fiber addition to any soup.

Nutritional Info

Makes 4 servings - 1 & ¼ cup per serving

Calories: 225

Carbs: 44g

Fiber: 14g

Protein: 12g

Fat: 4g

Sugar: 5g (naturally occurring)

Sodium: 190mg

Ingredients

- 1 cup of dried white tepoyah beans (soaked in water for 6-8 hours)
- 2 cups of cubed pumpkin or butternut squash
- 1 tbsp olive oil
- 1 small onion, diced
- 3 cloves of garlic, minced
- 4 cups of low sodium veggie broth
- 1 tsp smoked paprika
- ½ tsp of coriander (or cumin)
- 1 tbsp lemon or lime juice
- Salt and pepper to taste
- Fresh thyme or parsley to garish

Instructions

1. **Cook the beans:** After soaking, simmer beans in water or broth for 70-90 minutes, until tender but still firm. Set aside.
2. **Roast the Squash:** Toss the squash with olive oil, salt and pepper. Roast at 400 degrees for 20-25 minutes until caramelized and soft.
3. **Build the Soup Base:** In a pot, heat olive oil and sautee onion over medium heat until soft. Add garlic, smoked paprika and coriander. Add roasted squash and two cups of broth.
4. **Blend half for creaminess:** Take half the soup and place in a blender (let cool slightly) and blend to create a thicker soup base. You can also use an immersion blender or potato masher. Put back into pot.
5. **Add beans and finish:** Stir in coooked beans and simmer for 5-10 minutes.
6. **Serve:** Ladle into bowls, garish with herbs, pepper and a drizzle of olive oil.

Additional Info

- Tepoyah beans are tougher than common beans, so soaking them 6-8 hours before cooking (or overnight) helps reduce the cooking time and bitterness.
- If you don't soak them: expect 45-60 minutes of pressure cooking OR 2-3 hours of simmering.
 - Season your pot while they soak! Adding bay leaf, garlic, onion and a splash of oil keeps the skin of the beans tender.
- These beans are naturally high in fiber which can help stabilize blood sugars.
- Rich in plant protein, magnesium, potassium and iron making them the perfect go to bean for chilis, stews, hummus and more!

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