



## **Southwestern Anasazi Beans**

4 cups cooked Anasazi Beans\*  
1 Tablespoon oil  
1 small onion, peeled, chopped  
1/2 cup thinly sliced celery  
1 clove garlic, minced  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 teaspoon mild chili powder  
Ground chipotle pepper or ancho powder as desired  
1/4 teaspoon ground cumin  
1/2 teaspoon Mexican oregano  
1/4 teaspoon thyme  
1/4 teaspoon dried basil  
1/2 teaspoon grated lemon peel as desired  
1/2 to 1 cup beef or vegetable broth or as needed  
1 Roma tomato, finely chopped

**Prepare beans** – see directions below or use well drained canned beans.

\*For Uncooked beans: – clean and sort 2 cups beans. Cover with water; soak for about 8 to 12 hours. A faster method is to bring beans to a boil for 2 minutes; cover; resting for 1 hour.

Drain beans; add about 4 cups water; cover with slightly tilted lid; bring to a boil; reduce heat; simmer for 1 to 1-1/2 hours or until nearly tender.

Place 1 Tablespoon oil In a large saucepan, sauté onion, celery, and garlic to soften; add salt, pepper, chili powder, ancho powder or chipotle peppers, cumin, oregano, thyme, basil, lemon peel, and add 1/2 to 1 cup beef or vegetable broth. Stir in tomatoes and cooked beans; cook until hot and desired consistency. Serve as a side dish. Serves: 4

**Cook's Note:** Never add salt until beans are nearly tender. If you add salt too early, it prevents the beans from softening. Approximate cooking liquid is 3 cups for every 1 cup beans with average cooking time 1 hour.

**Inspired by:** Kokopelli's Cook Book – authentic recipes of the Southwest – James & Carol Cunkle Anasazi Beans are grown in Colorado. These beans were introduced into the Southwest from Mexico.

**About the Recipe:** Say “Hello” to the Southwest. The blend of herbs and spices add a zesty flavor to the Anasazi Beans. Soaking the beans takes a little more time, but the result will be delicious. This is a great recipe to serve with meatloaf or grilled sausages.

### **Who used them?**

Anasazi beans have stunning burgundy and cream-color speckles and are the size and shape of a small pinto bean. Anasazi is the Navajo word for “the ancient ones,” cliff-dwelling Native Americans who lived in Colorado, New Mexico, Utah, and Arizona around 130 AD.

Anasazi beans take their name from the tribe that first cultivated them in the New Mexico, thousands of years ago. Due to their pleasing speckled coloring – deep maroon flecked with white – Anasazi beans are sometimes called Appaloosa beans. They are a delicious baking bean, a little sweeter and meatier than other beans.

### **What are the health benefits?**

These heirloom beans are most commonly used in Latin, Mexican and Southwestern cuisine; they turn pink when cooked and are used in refried beans, chilies and hearty stews. Packed with protein, fiber and healthy starch like all beans, Anasazis are also rich in potassium, iron and folate. They have a strong nutritional profile, marked by a high amount of iron per serving, as well as calcium, potassium and more. Anasazi beans also contain lectins, which researchers are finding potentially have anti-tumor, immunomodulatory, antifungal, antibacterial and even anti-HIV abilities. Anasazi beans are also cancer-fighting food that simultaneously prevent or reverses diabetes naturally..

For More Information See these links:

<https://draxe.com/anasazi-beans/>

<https://www.drweil.com/diet-nutrition/cooking-cookware/cooking-with-legumes-anasazi-beans/>

### **Wondering about Gas Producing Beans:**

Gassiness is caused by indigestible carbohydrates in beans, with some varieties having more than others. These carbohydrates are water soluble, so soaking and rinsing will make a noticeable difference. Cooking thoroughly also helps to break down the carbohydrates, and some spices like ginger, cumin, fennel, and epazote will work to do the same thing. Anasazi beans are said to have only 25 percent of the pinto's gas-producing properties!

For More Information: <https://theboatgalley.com/no-gas-beans/>