



Nutritious, Delicious, Wisconsin!

BEANS ■ TAUM



Yard-Long Beans



Rattlesnake Pole Beans



Jade Green Beans



HMoob Varieties

- HMoob Beans
- Jade Green Beans
- Rattlesnake Pole Beans
- Yard-Long Bean (Green, Red/Purple)
- Yellow Beans (Wax Beans)
- French Green Beans
- Blue Lake 274 Beans
- Romano Beans
- Purple Beans

Terminology

Taum Ntsuab translates to green colored beans in English

Taum Liab translates to red/purple colored beans in English

Taum Daj translates to yellow colored beans in English

Taum Ntev or *Taum Hlab Tsho Ntev* translates to long beans in English

TASTE & TRADITION



In **HMoob**, "taum" is the word for all types of beans.

To tell the difference, people describe them by color, size, or whether they grow on a bush or need support. Beans have a mild, earthy flavor. Traditionally, HMoob families boil beans in water, with no added seasoning, to make a soothing tea or light soup that helps cleanse the palate.

RECIPE

Green Bean Stir Fry (Taum Kib)

Ingredients

- Green beans
- 4-6 cloves garlic
- 2 tablespoons oil (e.g. coconut, vegetable, canola, etc.)
- 1/16 teaspoon salt
- 1/16 teaspoon black pepper
- 1 tablespoon oyster sauce

Directions

1. Heat oil in a large skillet or wok.
2. Add chopped or minced garlic and stir for about 1 minute, until fragrant.
3. Add whole or chopped green beans and stir for 2 minutes.
4. Season with salt, black pepper, and oyster sauce.
5. Toss to coat the beans evenly.
6. Cook for another 3-5 minutes, until beans reach your desired texture.
7. Serve with steamed rice and top with HMoob chili oil for extra flavor. *Enjoy!*



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