
NAVAJO TACO

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Recipe is from <https://iamnm.com/dine-navajo-fry-bread-recipe/>.

INGREDIENTS

Fry Bread:

2 c. Bluebird flour
4 tsp. baking powder
1/2 tsp. salt
2/3 c. warm water
Shortening or Manteca
(John Morrell Snow Cap
Lard)

Navajo Taco:

1 Fry Bread Recipe
4 c. pinto beans, cooked
1 c. X-Hot Green Chile
(added to cooked
beans; X-Hot Green Chile
is usually Hatch Green
Chile. If you live in the
Southwest, you should
find this fresh in the
produce department or
frozen in the Mexican
food section. If not,
you can use canned
hatch green chile in
hot, medium, or mild –
whatever your
preference. You can also
order some from www.buenofoods.com if you
want to be authentic.)
1 lb. ground beef, cooked
Iceberg lettuce (or
similar), chopped
1 large onion, chopped
1/2 lb. shredded cheddar
cheese
1 large tomato, chopped
Seasoning, i.e. salt,
pepper, Comino (opt.)
1 tub sour cream, opt.
Hot salsa, opt.

DIRECTIONS

Fry Bread:

- Combine flour, baking powder, and salt in a large mixing bowl. Add warm water to flour mixture and work into a smooth and elastic dough.
- Divide dough into balls of the desired size. On a board lightly dusted with flour, roll out each ball of dough into a 1/4 inch thick circle. Cut a slit in the center of each circle. (This is important – you want a 1/4 inch cut so that it remains flat and doesn't puff up.)
- Heat 2 inches of shortening in a heavy pan at a high heat (oil temp should be about 350° F (180° C).
- Fry the dough in the shortening, one circle at a time, until golden on both sides, turning once. Drain on absorbent towels.

Navajo Taco:

- Start a layer using one fry bread.
- Put down and layer of beans.
- Add a layer of ground beef.
- Add a layer of lettuce.
- Add a layer of onion (sautéed or raw).
- Add a layer of cheese.
- Add a layer of tomato.
- Add sour cream and/or salsa (opt.).
- And, you're done! (Best served warm/hot.)