

# Navajo Tacos

Serves 5

## *Ingredients for the Frybread*

- 2 cups flour
- 1 Tbs baking powder
- 1 tsp salt
- 1 cup milk
- 1 cup oil for frying

## *Ingredients for the Taco Seasoning*

- 1 Tbs chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano
- ½ tsp paprika
- 1½ tsp ground cumin
- 1 tsp salt
- 1 tsp black pepper

## *Ingredients for Assembling*

- 1 lb Ground Beef
- ½ cup chopped onion
- 2 Tbs Taco Seasoning
- ½ cup picante Sauce or Salsa
- 1 can Ranch Beans
- 1 cup Shredded Cheddar Cheese
- 2 cups Shredded Lettuce

## *Instructions*

1. In a medium bowl, stir together the flour, baking powder, and salt. Stir in milk, and mix until the dough comes together. Add more flour if necessary to be able to handle the dough. On a floured surface, knead the dough until smooth, at least 5 minutes. Let the dough rest for 5 minutes.
2. Combine beans and picante sauce in a small saucepan over low heat. Cook until heated through. In a large skillet, over medium-high heat, cook the ground beef with onions and taco seasoning until well browned. Cover, and keep warm while you prepare the fry bread.
3. Put oil in a large, deep heavy skillet, about ¼ to ½ inch deep. Heat until quite hot but not smoking. A small piece of dough should sizzle when put in the oil. Cut dough into 5 pieces, and shape into round discs 1/4 inch in thickness, making a thinner depressed area in the center. Or, you can roll them real thin like tortillas, if you prefer. Fry breads in the hot oil until golden on both sides, turning only once. If they puff up too much, deflate them with a spatula or fork. Drain on paper towels.

4. Top fry bread with beans, ground beef, lettuce and cheese. Spoon extra picante sauce or salsa over . You can also top with other of your favorite taco toppings, such as onion, sour cream, or guacamole.