

Navajo Tacos

recipe from The Rickett Chronicles

Ingredients:

1 cup AP flour
1/4 teaspoon salt
1 teaspoon powdered milk
1 teaspoon baking powder
1/2 cup water
Vegetable oil for frying

pinto beans
taco meat
lettuce
tomatoes
shredded cheese
salsa
sour cream



Directions:

In a large bowl, whisk together the flour, salt, powdered milk and baking powder. Pour the water over the flour mixture all at once and stir the dough with a fork until it starts to form one big clump. Flour your hands and begin to mix the dough, trying to get all the flour into the mixture to form a ball. Don't knead the dough, just mix it well. Cut the dough into four pieces. Using your floured hands, shape, stretch, pat, and form a disk of about 5 to 7 inches in diameter. They don't need to be perfectly round by any means. Heat the vegetable oil to about 350 degrees. Your oil should be about an inch deep in a large [cast-iron skillet](#) or other large frying pan. Take the formed dough and gently place it into the oil, being careful not to splatter the hot oil. Press down on the dough as it fries so the top is submersed into the hot oil. Fry until brown, and then flip to fry the other side. Each side will take about 3 to 4 minutes. To assemble the tacos, start with a fry bread then layer on your toppings; pinto beans, meat, lettuce, tomatoes, shredded cheese, salsa, sour cream...whatever you would like.

Variations:

The fry bread also makes a great snack or dessert. When you have removed the bread from the pan, sprinkle with a cinnamon/sugar mixture.