

Navajo Tacos

Ingredients

For the fried bread

- 4 cups flour
- 2 Tbsp baking powder
- 2 tsp salt
- 3 cups water
- cooking oil for frying

For the ground beef

- 1 Tbsp cooking oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 lb ground beef
- 1 packet taco seasoning

For the tacos

- canned beans, drained or 1 can chili, re-heated " to taste
- shredded Cheddar cheese to taste
- chopped or shredded lettuce, to taste
- diced tomato, to taste
- diced onion, to taste
- sliced avocado, to taste
- salsa, to taste
- sour cream, to taste

Directions

Make the fried bread

In a large bowl, mix together the flour, baking powder and salt. Add water and knead into a dough with your hands or the kneading hook in an electric mixer. Once the dough is elastic but not too sticky, cover the bowl with a cloth towel and allow to rest for 30 minutes. (You can make the beef filling while the dough rests)

Heat about 1" of oil in a frying pan over high heat. Grab a handful of bread, flatten it with your hands into a large pancake, poke a few holes in the dough to allow for the air to escape. Place the flattened dough in the hot oil and cook until golden, flip and cook until golden on the other side. Drain on paper towels and repeat with the rest of the dough.

To make the beef filling

Heat oil over medium-high heat in a frying pan. Add the onion and garlic and cook until soft. Add the ground beef and seasoning and cook until cook through, stirring occasionally.

To make the tacos

Spread beans or chili over each fried bread. Top with prepared beef filling and the rest of the ingredients.