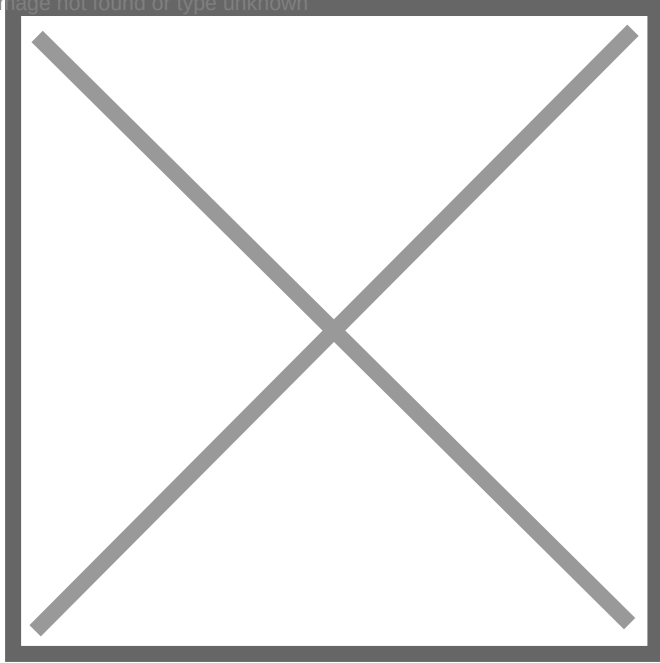




Favorite Fry Bread Tacos

Savannah · 29/09/2024

Image not found or type unknown



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

These fry bread tacos are a favorite at aboriginal pow wows all summer long For easier eating especially at picnics cut cooked fry bread into croutonsized pieces divide onto individual plates before adding the remaining ingredients on top

Ingredients

- - 2 cups all-purpose flour - 1 tablespoon baking powder - ½ teaspoon white sugar - ½ teaspoon salt - 1 ½ cups lukewarm water - 2 cups oil for frying
- or as needed - 1 pound ground beef - 1 (15 ounce) can kidney beans
- drained - 1 (1.25 ounce) package chili seasoning mix - 2 cups shredded Cheddar cheese - 2 cups chopped iceberg lettuce - 2 tomatoes
- chopped - 1 cup sour cream

Instructions

1. Whisk together flour
2. baking powder
3. sugar
4. and salt in a large bowl; stir in water until a slightly sticky dough forms. Set aside to rest while oil preheats. Heat oil in a deep fryer or large saucepan to 375 degrees F (190 degrees C). Divide dough into 6 equal portions. Flatten each portion into a round disc the size of your palm. Fry dough discs
5. one at a time
6. in hot oil until bottoms are browned
7. about 2 minutes; flip with tongs and cook until browned on the other side
8. about 1 minute more. Drain fry bread on a paper towel-lined plate. Heat a skillet over medium heat. Cook and stir ground beef in the hot skillet until browned and crumbly
9. 5 to 7 minutes. Stir in kidney beans and chili seasoning; cook until heated through
10. about 5 minutes. Place each fry bread on a plate; top each with a portion of chili mixture
11. cheese
12. lettuce
13. tomatoes
14. and sour cream. Recipe Tips Lukewarm milk can be substituted for lukewarm water. Dip the bread dough into a bowl of flour if it is too sticky to work with. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
15. ingredient density
16. and specific type of oil used.