

This Indian Fry Bread Taco Recipe Is My Favorite Fry-Up Feast

Navajo Tacos-also known as



OVEN
350°F

TIME
15 min

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INGREDIENTS

For the Fry Bread:

3 cups all-purpose flour

4½ teaspoons baking powder

1 teaspoon kosher salt

2 tablespoons softened butter or ghee

1½ cups whole milk

3 cups vegetable oil (for frying)

Savory Toppings:

1 lb ground beef (80/20 recommended)

2 tablespoons steak fajita seasoning or taco seasoning

15 oz black beans, drained

2 cups iceberg lettuce, shredded

3 plum tomatoes, diced

Sour cream

Queso sauce or shredded cheese

Sweet Version:

Honey

Powdered sugar

DIRECTIONS

1. ? Step 1: Make the Dough: In a large bowl, mix:
2. Flour
3. Baking powder
4. Salt
5. Softened butter or ghee
6. Rub the butter into the dry ingredients until crumbly. Make a well in the center and pour in milk.
7. Knead gently until a soft dough forms (don't overwork!). Cover with a towel and let rest for 15 minutes.
8. ? Step 2: Roll and Shape: On a floured surface, roll the dough into a log. Divide into 12 equal pieces and roll each into a ball.
9. Flatten each ball into a 6-inch circle about ¼ inch thick. Prick with a fork to prevent puffing.
10. ? Step 3: Fry the Bread: Heat oil in a large skillet to 350°F (175°C).
11. Fry each dough circle for 30 seconds on the first side, flip, then fold into a taco shell shape using tongs and continue frying until golden brown.
12. Drain on paper towels.
13. ? Step 4: Prepare the Savory Toppings: In a skillet over medium heat, cook the ground beef until browned. Drain excess fat.
14. Add seasoning and a splash of water. Simmer 2-3 minutes. Warm the black beans separately.
15. Chop lettuce, tomatoes, and gather your toppings.
16. ? Step 5: Assemble Your Tacos: For savory tacos:
17. Fill fry bread with beef, beans, lettuce, tomatoes, sour cream, and cheese.

18. For sweet versions:
19. Drizzle with honey
20. Dust with powdered sugar
21. Serve warm

SWAPS & NOTES

Fry Bread Shortcut: Use store-bought pizza dough in a pinch-but fresh is best!

Protein: Swap ground beef with ground turkey, shredded chicken, or seasoned lentils.

Beans: Pinto or refried beans work great too.

Sweet toppings: Try cinnamon sugar or Nutella for a dessert version.

TIPS FOR SUCCESS

Let the dough rest: This helps hydrate the flour and makes for a more tender fry bread.

Don't overcrowd the pan: Fry in batches so the oil temperature stays steady.

Keep warm: Hold fried bread in a 200°F oven while you work through the batch.

Shape as you go: Flatten the next dough ball while one is frying.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-indian-fry-bread-taco-recipe-is-my-favorite-fry-up-feast/>