

Navajo Taco Style Fry Bread with Seasoned Beef, Beans, and Fresh Toppings

Salt and black pepper, to taste



OVEN
350°F

TIME
2 to 3 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the fry bread:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3/4 to 1 cup warm water

Oil, for frying

For the taco topping:

- 1 pound ground beef
- 1 small onion, diced
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- Salt and black pepper, to taste
- 1/2 cup tomato sauce or a few spoonfuls salsa
- 1 cup refried beans or drained pinto beans

For serving:

- Shredded lettuce
- Diced tomatoes
- Shredded cheddar or Mexican-blend cheese
- Sour cream
- Sliced jalapeños
- Salsa
- Avocado or guacamole
- Chopped cilantro

DIRECTIONS

1. In a large bowl, whisk together the flour, baking powder, and salt.
2. Add the warm water gradually and stir until a soft dough forms.
3. Knead gently for 2 to 3 minutes until smooth, then cover and let rest for 10 to 15 minutes.
4. While the dough rests, cook the ground beef and onion in a skillet over medium heat until browned. Drain excess grease if needed.
5. Stir in the chili powder, cumin, garlic powder, paprika, salt, pepper, and tomato sauce. Simmer for a few minutes until thick and flavorful. Warm the beans separately or stir them into the meat if you prefer.
6. Heat about 2 inches of oil in a heavy skillet or pot to 350°F.
7. Divide the dough into 4 to 6 equal pieces. Flatten each piece into a round about 1/4-inch thick, keeping the center slightly thinner so it fries evenly.
8. Fry each piece one at a time until golden brown, about 1 to 2 minutes per side. Transfer to a paper towel-lined plate.
9. To assemble, spread a layer of beans over each fry bread, then spoon on the taco meat.
10. Top with lettuce, tomatoes, cheese, sour cream, jalapeños, salsa, avocado, or any toppings you love. Serve immediately.

SWAPS & NOTES

Ground turkey or shredded chicken both work well in place of ground beef.

If you want extra heat, add cayenne or use hot salsa in the meat mixture.

Refried beans give the richest texture, but whole pinto beans add a little more bite and structure.

For the toppings, think of this recipe as a flexible taco board on top of fry bread.

TIPS FOR SUCCESS

Letting the dough rest is important because it makes it easier to shape and helps the fry bread stay tender.

When frying, keep the oil at a steady temperature so the bread puffs properly and doesn't get greasy.

If the oil is too cool, the bread will absorb too much oil.

If it's too hot, the outside browns before the center finishes cooking.

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

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