

## Homemade Fry Bread Tacos: A Fun and Flavorful Family Dinner

Soft and Fluffy Indian Fry Bread Tacos



SOFT AND FLUFFY INDIAN FRY BREAD TACOS

**You Will Need**  
2 cups all-purpose flour  
½ teaspoon salt  
2 pounds chicken breast, cut into ½-inch cubes

### TIME

10 to 15 min

### METHOD

Air fryer

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### INGREDIENTS

For the Fry Bread:

2 cups all-purpose flour

½ teaspoon salt

1 tablespoon baking powder

1 cup warm water, plus more as needed

Vegetable oil, for frying

For the Taco Filling:

1 pound ground beef

1 packet taco seasoning

⅔ cup water

For the Toppings:

1 cup shredded lettuce

1 cup diced tomatoes

1 cup shredded cheddar cheese

½ cup sour cream

¼ cup sliced black olives, optional

¼ cup chopped onions, optional

### DIRECTIONS

1. **Make the dough:** In a large bowl, combine the flour, salt, and baking powder. Gradually add the warm water, mixing until a soft dough forms.
2. **Knead and rest:** Knead the dough for a few minutes until smooth. Cover it with a towel or plastic wrap and let it rest for 10 to 15 minutes. This helps the dough relax and makes it easier to shape.
3. **Portion the dough:** Divide the dough into 6 to 8 equal portions and shape each piece into a ball. Flatten each one into a round disc about ¼ inch thick.
4. **Fry the bread:** Heat 1 to 2 inches of vegetable oil in a deep skillet over medium heat. Fry each dough round one at a time until golden brown on both sides, about 1 to 2 minutes per side. Transfer to paper towels to drain.
5. **Cook the taco meat:** In another skillet, cook the ground beef over medium heat until browned. Drain any excess fat. Stir in the taco seasoning and water, then simmer for about 5 minutes until thickened.
6. **Assemble the tacos:** Place a piece of warm fry bread on a plate. Spoon seasoned beef over the top, then add lettuce, tomatoes, cheese, sour cream, and any optional toppings you like.
7. **Serve immediately:** These are best served right away while the fry bread is still warm and fluffy.

### SWAPS & NOTES

Ground beef is classic here, but ground turkey or shredded chicken also work well if you want a lighter option.

You can also use homemade taco seasoning if you prefer more control over the spice level and sodium.

For toppings, this recipe is easy to adapt.

Add sliced jalapeños for heat, avocado for creaminess, or salsa

for extra flavor.

## TIPS FOR SUCCESS

Do not skip the resting time for the dough.

Even a short rest makes a big difference in texture and helps the fry bread stay tender.

Keep the oil at a steady medium heat.

If it is too hot, the outside will brown too fast before the inside cooks through.

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

Original recipe: <https://chefmaniac.com/homemade-fry-bread-tacos-a-fun-and-flavorful-family-dinner/>