

# Indian Fry Bread Tacos

Authentic Indian Fry Bread Tacos (Navajo Tacos) - crispy golden fry bread topped with seasoned ground beef, fresh vegetables, and cheese. Easy recipe!

15 min

PREP

30 min

COOK

45 min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 4 cup flour
- 1 cup water
- 1 tbsp baking powder
- 1 lb ground beef
- 1 cup lettuce
- 1 cup tomato
- 1 cup cheddar cheese
- 1 cup onion
- 1 cup sour cream

## Instructions

- 1 Make the fry bread dough**

Combine 4 cups flour, 1 tablespoon baking powder, and 1 teaspoon salt in a large mixing bowl. Gradually add 1 cup warm water while stirring with a wooden spoon until a soft, slightly sticky dough forms.
- 2** Turn dough onto a lightly floured surface and knead gently for 2-3 minutes until smooth and elastic. Cover with a damp kitchen towel and let rest for 20 minutes at room temperature.
- 3 Cook the ground beef**

Heat a large skillet over medium-high heat. Add 1 pound ground beef and cook, breaking it apart with a spatula, until browned and no pink remains, about 6-8 minutes.
- 4** Season the cooked beef with salt and pepper to taste. Remove from heat and keep warm while you prepare the fry bread.

## 5 **Prepare toppings and heat oil**

Shred 1 cup lettuce, dice 1 cup tomatoes, and grate 1 cup cheese. Set toppings aside in separate bowls. Heat 2-3 inches of vegetable oil in a heavy-bottomed pot to 375°F (190°C).

## 6 **Shape and fry the bread**

Divide rested dough into 8 equal portions. Roll each portion on a floured surface into a 6-inch circle, about 1/4-inch thick.

7 Carefully slide one dough circle into the hot oil. Fry for 1-2 minutes until golden brown and puffed, then flip and fry the other side for another 1-2 minutes until golden.

8 Remove fry bread with tongs and drain on paper towels. Repeat with remaining dough, maintaining oil temperature at 375°F (190°C) between batches.

## 9 **Assemble the tacos**

Place each warm fry bread on a plate. Top with seasoned ground beef, shredded lettuce, diced tomatoes, and grated cheese. Serve immediately while the bread is still warm and crispy.

## Tips

Test your oil temperature with a small piece of dough - it should sizzle immediately and float to the surface when the oil is ready (350-375°F).

Don't overwork the fry bread dough. Mix just until it comes together, then let it rest for 20 minutes to develop the proper texture.

Roll or stretch the dough circles evenly to ensure uniform cooking. Aim for about 1/4 inch thickness for the perfect balance of crispy exterior and soft interior.

Fry only one or two pieces of bread at a time to maintain consistent oil temperature and prevent overcrowding.

Drain fried bread on paper towels immediately after cooking, but serve while still warm for the best texture and flavor.

Set up a taco bar with all toppings in separate bowls, allowing everyone to customize their own Indian Fry Bread Tacos.

Season your ground beef while cooking rather than after - this helps the flavors penetrate the meat more thoroughly.

Keep fried bread warm in a 200°F oven if making multiple batches, placing them on a wire rack to maintain crispiness.