Navajo Taco

About
Navajo tacos are a complete protein because they contain both beans and bread.

Navajo tacos are featured at fairs and festivals throughout the Southwest United States and in restaurants around the Navajo Reservation. The frybread base can be topped with any combination of vegetables, beans, and meat.

The frybread that is the base of this recipe can also be served with honey or powdered sugar as a dessert.

Ingredients

For the toppings
- 2 cups dried beans
- 1 tsp salt
- 2 tomatoes, diced
- lettuce, shredded
- 1 cup cheese, grated
- small onion, diced

For the frybread
- 3 cups flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 cup very hot water (or more, as needed)
- oil for frying

Directions
The night before you make this recipe, rinse the beans in water. Cover with fresh water and let soak overnight.

After beans have soaked, cover again in fresh water and add 1 teaspoon salt. Simmer beans on low heat until soft, 1–3 hours.

Mix the flour, baking powder, and 1/2 teaspoon salt in a mixing bowl. Add the very hot water, slowly, mixing the dough with your hand or a spoon until you have a thick dough. Knead the dough for 5–10 minutes, then let the dough rest for 10 minutes.

Heat about an inch of dough in a frying pan over medium high heat.

Grab a small handful of dough (about a 2-inch ball), roll it into a ball, and start to pat it flat. As you flatten it, try to keep a thicker ring of dough along the outside. This will allow the frybread to take a cupped shape when it is fried, making a bowl to hold the beans.

When the dough is about 6 inches in diameter, carefully put it in the hot oil. Fry for about a minute, turn it over on the other side, then remove the dough to a plate. Top with cooked beans, tomatoes, lettuce, cheese, and onions, and serve while hot.

Reference
Recipe provided by Lanell Pahe.