

Navajo Tacos (Indian Fry Bread)

Yield: 8 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-match-mt-olives-sweet-indian-pickle-relish>

Ingredients:

- 2 cups all purpose flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup warm water
- 3 cups oil for frying
- 1 tablespoon oil
- 1/2 yellow onion diced
- 1 pound ground beef
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/8 teaspoon crushed red pepper
- 1/8 teaspoon chili powder chipotle
- 15 ounces red kidney beans, rinsed and drained dark
- 14 1/2 ounces petite diced tomatoes drained
- 4 ounces diced green chilies mild
- sour cream
- shredded cheese
- diced tomatoes
- shredded lettuce
- sliced black olives
- 1 slice avocado
- pico de gallo
- cilantro

Nutrition:

1. Calories: 1220 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 45 milligrams
4. Fat: 98 grams
5. Fiber: 11 grams
6. Protein: 28 grams
7. SaturatedFat: 12 grams
8. Sodium: 770 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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