

Navajo Tacos

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-pink-beans-recipe>

Ingredients:

- 32 ounces pink beans can use Pintos
- water
- 3/4 cup onions finely chopped
- 2 tablespoons taco seasoning
- 1 tablespoon jalapeno pepper finely chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cloves garlic finely chopped
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup powdered milk
- 3/4 cup warm water
- oil for frying
- 1 1/2 pounds meat carne asada, or ground beef
- 1 package taco seasoning mix
- 3 garlic cloves finely chopped
- 1 cup onion finely chopped
- salt
- pepper
- water
- tomatoes
- lettuce
- shredded cheddar cheese
- sour cream
- salsa
- jalapeno peppers chopped, optional
- hot sauce optional

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 75 milligrams
4. Fat: 28 grams
5. Fiber: 18 grams
6. Protein: 45 grams
7. SaturatedFat: 11 grams
8. Sodium: 1180 milligrams
9. Sugar: 9 grams

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