



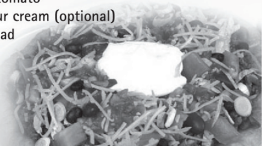
# Navajo Tacos

By Chef Dave Bland

Serves 2

*Ingredients:*

¾ pound ground beef	4 T cheddar cheese, grated
1 onion, diced	1 heart of romaine lettuce, shredded
2 cloves of garlic, chopped	1 diced tomato
1 jalapeno pepper chopped (optional)	2 tsp sour cream (optional)
4 teaspoons taco seasoning	Fried bread
1 pinch of cumin	
½ cup salsa	
Salt and pepper to taste	
4 oz refried beans	



**Directions:** Brown ground beef and drain excess fat. Add the onions and garlic and cook until aromatic. Next add the taco seasoning and cumin. Add the salsa and reduce. Let the meat sauce simmer and adjust salt and pepper as needed. Warm up refried beans. Mix the refried beans and meat together. Place refried beans, meat, cheese, lettuce, tomatoes, and sour cream on the fried bread.

## Fried Bread

*Ingredients:*

¼ tsp salt (optional)	2 T sugar
1 T baking powder	1 cup milk or water
2 ½ cups all-purpose flour	Cooking oil for frying

**Directions:** Mix the dry ingredients and then add water or milk. Mix and knead a little until dough forms a ball. (Add a small portion of flour to the counter if it sticks too much.) Roll out dough using a rolling pin. Form into shapes using a knife or a cookie cutter. Fry in a preheated 350° F oil until slightly brown on one side and then turn over. Place on paper towels and let them soak up the excess oil. Use for tacos or dust with cinnamon and sugar for a dessert.

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# Navajo Taco

## Amount Per Serving

<b>Calories</b>	417.6
<b>Total Fat</b>	24.7 g
Saturated Fat	11.1 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	9.5 g
<b>Cholesterol</b>	81.6 mg
<b>Sodium</b>	963.9 mg
<b>Potassium</b>	436.1 mg
<b>Total Carbohydrate</b>	24.7 g
Dietary Fiber	2.9 g
Sugars	1.1 g
<b>Protein</b>	23 g