

## Indian Tacos

This dish is a staple at American Indian powwows and family gatherings. The recipes for ground beef topping and the non-fry bread were reduced in fat. The cheese topping is lower fat. Contributors: Los Angeles United American Indian Involvement, Inc.'s families taste tested the recipes for CNESINC.org

Recipes include:

1. Ground Beef Topping
2. Pinto Beans
3. Non-Fry Bread
4. Cheese Topping
5. Vegetable Topping

For vegetarian Tacos, do not add the ground beef topping.

### Ground Beef Topping:

Amount	Measure	Ingredients	Preparation Method
2	Pound	Ground beef, lean=85%	
1	Cup	Tomato sauce	Canned, no added salt
½	Teaspoon	Salt	
1	Teaspoon	Chili powder	
1	Teaspoon	Red pepper flakes, crushed	

1. Spray hot skillet with vegetable spray
2. Add ground beef, salt, chili powder and crushed red pepper flakes.
3. Cook the ground beef to the desired doneness.

*Yield: Ten (10) - twelve (12) 1/4 cup servings*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	200	115mg (5%)	12g (18%)	4g (20%)	68mg (27%)	-

## Indian Tacos (continued) Pinto Beans

Amount	Measure	Ingredients	Preparation Method
1	Pound	Dry beans or dried peas	Soaked overnight*
7	Cups	Water	
1	Tablespoon	Onion powder	
1	Teaspoon	Onion powder	
½	Teaspoon	Red pepper flakes, crushed	
4	Teaspoons	Garlic powder	
3	Tablespoons	Liquid Smoke	
1	Tablespoon	Vegetable oil	
½	Teaspoon	Thyme, crushed	
½	Teaspoon	Black pepper	

1. Drain beans if soaked overnight (if desired, instead of soaking overnight, cover beans with water; bring to a boil and let stand for 1 hour).
2. Add water and bring to a boil.
3. Add beans to boiling mixture.
4. Combine vegetable oil, liquid smoke, onion powder, garlic powder, red pepper, and thyme in large sauce pan. Stir ingredients over low heat. Mix into boiling peas/beans.
5. Boil on low heat until desired tenderness, upwards of 1 ½ hours.

\*The “slow cooker/crock pot” may also be used for the cooking procedure. Follow instructions for use of that cooking equipment.

*Yield: Ten (10) ¼ cup servings.*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	39	1mg	1.5 g (2%)	<1 g	-	3g (12%)

## Indian Tacos (continued) Non-Fry Bread

Amount	Measure	Ingredients
1	Cup	White flour
1	Teaspoon	Salt
1 <sup>3</sup> / <sub>4</sub>	Teaspoons	Baking powder
<sup>3</sup> / <sub>4</sub>	Cup	Hot Water
2	Tablespoons	Dry milk
		Vegetable oil cooking spray

1. Mix dry ingredients in a bowl.
2. Pour hot water into another medium sized mixing bowl.
3. Add dry ingredients to the bowl with hot water.
4. Mix until dough is similar to biscuit dough (adjust the amount of water or flour to get the correct consistency).
5. Allow dough to rest for 30 minutes to an hour.
6. Pinch off a piece of dough about the size of a boiled egg or larger and roll it out flat. It is alright to spend time working with the dough. This will yield a tenderer product
7. Spray a nonstick pan with your favorite cooking spray and pat the dough evenly to desired thickness in the pan.
8. Cover with lid and cook over medium heat until the bottom of the fry bread is golden brown, flip the fry bread over and cook until that side is golden brown.
9. When done, top the fry bread with all of your favorite toppings

*Yield: Ten (10)-twelve (12) servings (small to medium sized tacos).*

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	51	200mg (8%)	-	-	-	-

## Indian Tacos (continued)

### Cheese Topping

Use pasteurized process cheese food alternates (product comes in a variety of flavors).

Serving Size: 1 slice

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 gm	300 mg	25 g
1 serving of this recipe	35	220 mg (9%)	2 gm	-	-	-

### Lettuce and Tomato Topping

Amount	Measure	Ingredients	Preparation Method
½	Pound	Romaine lettuce	Chopped
¼	Pound	Iceberg lettuce	Chopped
½	Pound	Red tomatoes	Chopped

Yield: Ten (10) ¼ cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 gm	20 gm	300 mg	25 g
1 serving of this recipe	10	-	-	-	-	1g (4%)

Do you have recipes that you want us to modify?  
Send it to [Mable@cnesinc.org](mailto:Mable@cnesinc.org)