

## Barbecue Chicken FryBread Tacos (Indian Tacos or Navajo Tacos)



### Ingredients

#### Fry Bread

- 3 cups flour
- 2 tbsp baking powder
- 1tsp salt
- 1/2 cup sugar
- 3 cups milk (or water)

#### Salsa

- 2 cups field tomatoes. Diced.
- 1/2 cup red onion. Finely diced.
- 1/2 bunch cilantro. Finely diced.
- 3 tbsp canola oil
- 1/2 tbsp freshly squeezed lime juice (approx. 1/2 lime).
- 1 clove garlic. Finely diced.
- 1 pinch salt.

#### **BBQ chicken breasts. (Can be omitted for vegetarian or substituted for a meat of your choice).**

- 5 5oz chicken breasts.
- 3 tbsp butter for cooking.

- 1 cup BBQ sauce.

## **Toppings**

- 1 head iceberg lettuce. Shredded.
- 8 oz sour cream
- 1 cup cheddar cheese. Shredded

## **Instructions**

### **Fry Bread**

1. In a large bowl, mix the dry ingredients together.
2. In the center of the mix make a well. Add milk or water to the well and fold the mixture until dough is slightly sticky.
3. Let dough rest for 15 minutes.
4. Add cooking oil to a large pan and heat to 350°.
5. Dust a rolling surface with flour and coat the dough until the dry flour has been absorbed.
6. Roll the dough into a ball and cut into 8 even pieces.
7. Roll each into a ball and stretch and flatten into patties that are approx. 4 inches in diameter and about 1/2 inch thick.
8. Place the flattened dough gently into the hot oil. Cook until golden brown on both sides (approx 1-1 1/2 minutes per side).

### **Salsa**

1. In a large bowl, mix together all ingredients and let rest for the flavors to meld.

### **Barbecue Chicken**

1. In a large pan heat butter over medium heat.
2. Add chicken to the heated butter. Season with salt and pepper.
3. Cook chicken thoroughly through.
4. Remove chicken and place on a cutting board.
1. Thinly slice the cooked chicken breast and brush with your favorite bbq sauce.
2. Return to heat and cook until the bbq sauce begins to caramelize.

### **Putting your Frybread Taco Together**

1. Place frybread on your plate
2. Layer a handful of shredded lettuce on the bread.
3. Add chicken
4. Top with sour cream, shredded cheese
5. Layer with a tablespoon of salsa.