Fry Bread



Ingredients, Bean Topping:

- 2 cups dried pinto beans, rinsed and drained or 1 (16-ounce) can, rinsed and drained
- Water
- 2-3 slices bacon, chopped and cooked
- 1 Pound ground beef, cooked and drained
- Shredded lettuce, sour cream, chopped tomatoes, sliced avocados, shredded cheese

Ingredients, Bread:

- 2 Cups all-purpose flour
- 1 TBLS baking powder
- 1 tsp salt
- 1 cup hot water, (130 degrees F)
- Vegetable oil for frying

Method:

1. Place rinsed dried beans in a slow cooker and cover with water. Cook on low for 4–5 hours, or until beans start to become tender.
2. Add bacon pieces and ground beef to the slow cooker and continue to cook on low for an additional 1-2 hours, or until beans are fully tender. (To make the bean topping using canned beans, combine canned beans, cooked ground beef, and cooked bacon and cook in a slow cooker on low for 2 hours. Set aside.)
3. Sift flour, baking powder, and salt together in a medium bowl. Add hot water and mix with your hands until a dough forms (dough should be a little sticky). Cover and let rest for 10 minutes.
4. While the dough is resting, preheat the oven to 200°F. Fill a large saucepan with 1-2 inches of oil and heat over medium-high heat to about 350°F.
5. Break off golf ball–sized pieces of dough and roll into balls about 1½ inches wide.
6. Using a pastry roller and working on a lightly floured surface, roll each dough ball into a thin circle 6-7 inches in diameter.
7. Working in batches, fry each dough piece in hot oil until the dough is golden and puffs up, about 20 seconds, then flip and fry on the other side for 10-20 seconds more. Set on a paper towel-lined plate to drain. Keep the fried bread warm in the oven while frying the remaining pieces.
8. Spread beans over fry bread, top with any other desired toppings, and serve warm.