

Indian Fry Bread



This crisp and bubbly bread is wonderful for Indian tacos or served as a dessert with powdered sugar or sugar and cinnamon. We put refried beans, Mexican-seasoned ground beef, grated cheese, lettuce, tomatoes, black olives, salsa, and sour cream on top to make a great main dish for dinner.

By STARGAZER42



Prep: 15 mins

Servings: 10

Cook: 1 min

Yield: 10 fried breads

Total: 16 mins



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Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup cold water
- 1 tablespoon vegetable oil
- 1 cup oil for frying



Directions

Combine flour, baking powder, and salt in a bowl. Stir in cold water and vegetable oil until dough comes together into a ball.

Set dough on a floured surface. Pinch off ten pieces the size of golf balls, roll into balls, and flatten each into a round. Make a small hole in the center of each round.

Fill a deep skillet with oil to 3/4 inch; heat over medium-high heat. Add dough rounds in batches and fry until golden brown, about 20 seconds per side. Drain on paper towels.



Nutrition Facts

Per Serving:

123 calories; 2.6 g protein; 19.3 g carbohydrates; 0 mg cholesterol;
214.8 mg sodium.