



Healthy Indian Taco

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Make the No-Fry Fry Bread to use as the taco shell, or base for this taco. It can be served flat or folded in hand. It's healthy and tasty.

Ingredients

Taco Filling

- 1 Tablespoon Sunflower oil
- 1 medium onion, diced (about 1 cup)
- 1 teaspoon garlic, finely chopped (about 6 to 8 cloves)
- 2 Roma tomatoes (1/2 to 3/4 cup), diced
- 2 New Mexico green chiles, roasted, peeled, seeds removed, and diced
- 2 Tablespoons red chile powder, (mild)
- 5 cups cooked pinto beans (or 1 lb. dried beans, cooked)
- 1 cup bean juice or water
- 1 teaspoon Kosher salt
- pinch of freshly ground black pepper

Taco Garnish

- 1/2 white onion, diced
- 2 Roma tomatoes, diced
- 1/2 head Romaine lettuce, chopped (about 2 cups)
- 1/2 cup cilantro, chopped

Directions

1. In a cast iron pan, heat Sunflower oil on high heat until it is hot but not smoking. Add the onion and sauté for 3 minutes stirring to prevent burning. Add the garlic and sauté for another 2 minutes stirring constantly. Add the tomatoes and cook for another 3 minutes, stirring to prevent burning.
2. Add the diced green chile, the red chile powder, the salt and the pepper. Stir until all of the spices are completely mixed into the other ingredients.

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3. Add the cooked beans and the cup of water or bean juice. Stir gently to make sure all the ingredients are completely mixed together.
4. Bring the mixture to a boil, reduce heat to medium low and cook for 5 minutes, stirring to prevent burning.
5. Remove from heat and serve immediately over No-Fry Frybread and top with any garnish.

NOTE: Try arugula greens, cut daikon radishes or watermelon radishes, microgreens, sprouts, diced red or yellow bell pepper, or avocado. Get creative and have fun with the toppings!

Makes 8 tacos

