

GREEN CHILE NAVAJO TACOS

Navajo tacos feature tender pulled pork, roasted green chilies and traditional taco toppings, all served on Indian fry bread.



Packed with pork flavor, permeated by roasted green chile, these Navajo tacos find their roots in New Mexican cuisine. I shared a similar recipe last year, with a slight variation, I added ranch style beans; [Navajo Tacos with Green Chile Stew](#).

As a side note: I've been schooled by a recent blog visitor, Michael Chapel about the spelling of Green Chile (Chili). Setting me straight, he shared that New Mexicans take great offense to the incorrect spelling "Chili". As a matter of fact, In 1983, New Mexico Senator Pete Domenici went on record before congress with his official clarification as to the correct spelling of "Chile" [\[Domenici, P. 1983. The correct way to spell chile. Congressional Record 129 \(149\) \(Nov. 3\).\]](#) . I was born in Albuquerque, NM in 1960, you'd think I have a handle on this one, obviously NOT! In an

effort not to offend my fellow New Mexicans, I've made the correction. However, I still need to update my photos with the correct spelling.

Please take into account that, despite my spelling mishap, my recipe rings true with traditional flavors. I find a bit of comfort in Senator Domenici's congressional statement, "A naivete exists among native New Mexicans who wrongly assume that everyone spells it with an 'e.'" Yes, that would be me! Thank you Michael for bringing this to my attention. My sincerest apologies!

My green chile recipe follows a more traditional path, by sticking to the basics; pork roast, roasted green chiles, oregano, water and a few minor ingredients to round out the dish. No beans!!

As for the Navajo Fry Bread; the recipes are quite similar with one exception, powdered milk.

History/Origin of Navajo Fry bread:

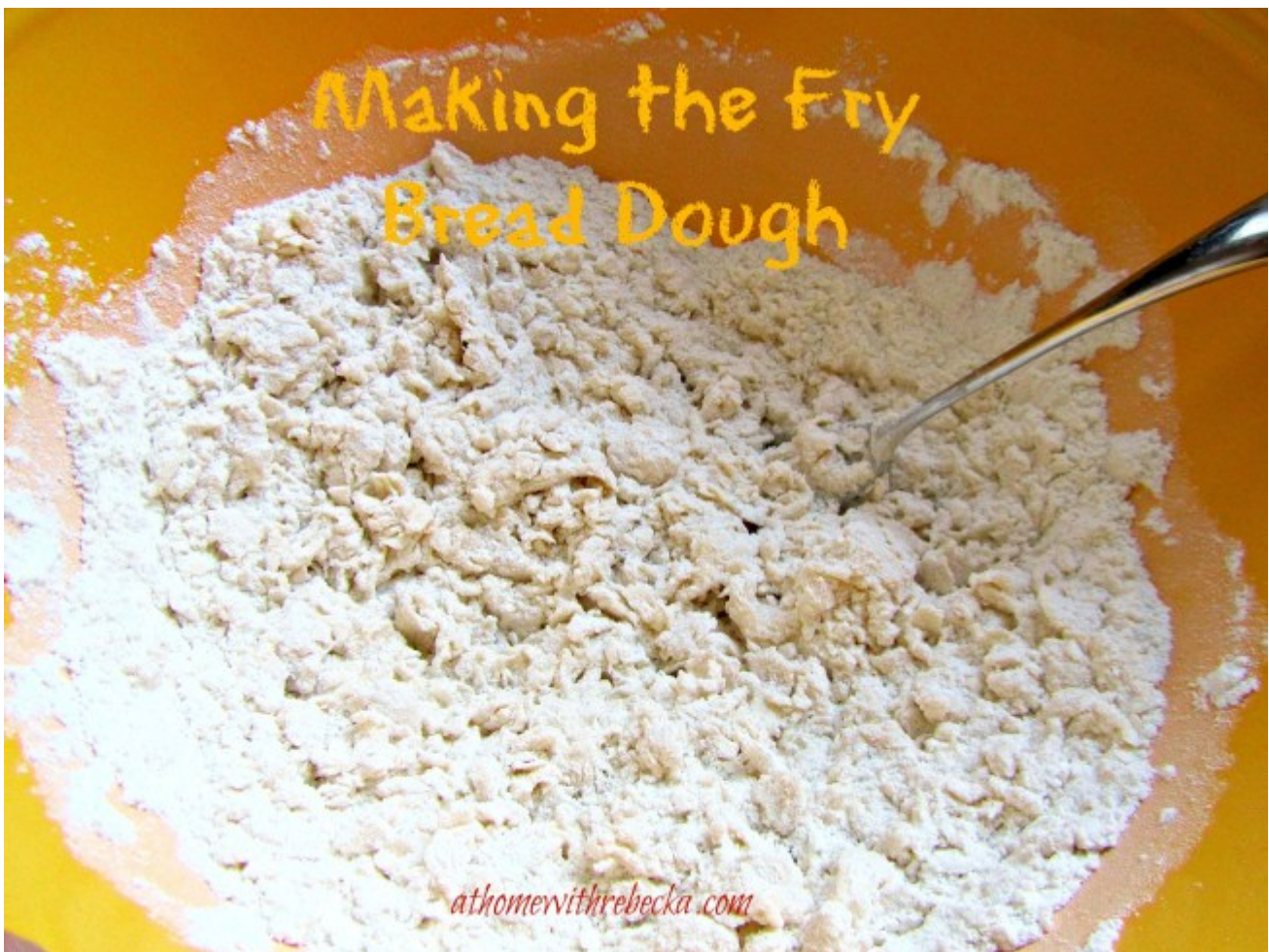
On the heels of several failed treaties, in 1861 military leaders formulated plans to send the Navajo on the Long Walk. Indians from Arizona, Colorado, Utah and New Mexico, were among the tribes forced from their lands. Hundreds of American Indians perished on the 300 mile walk to the Bosque Redondo reservation located near the Pecos River, in eastern New Mexico.

Once on the reservation, the government supplied lard, flour, salt, sugar, baking powder or yeast, and powdered milk but often times they were rancid. Fry bread came from these few foods provided during the 4 years of captivity. Since that time, it has become common food at PowWows.

To some, Indian Fry Bread is a sacred tradition. It is to be

consumed by the people until the earth has again become purified.

Since that time, fry bread recipes have taken on nuissance from different tribes throughout the US. Some use yeast, while others are made entirely without leavening (no baking powder). I'm happy to eat any style you set in front of me, but I have a kindred connection to the Navajo recipe. For a more detailed account of my youth and my dear friends, the Concha family click [HERE](#).



Step #1



Step #2



Step #3



Navajo Fry Bread

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Step #4



Green Chile Navajo Tacos

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Prep Time

30 min

Total Time

5 hr 30 min

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30 min

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5 hr 30 min

FOR THE GREEN CHILE

1. 1 3-4 pound pork shoulder, preferably bone in
2. 3 tablespoons vegetable oil
3. 4 roasted green chiles
4. 1/2 medium onion chopped (pureed)
5. 2 cloves garlic
6. 1 bay leaf
7. 4 sprigs fresh oregano
8. 1 tablespoon medium heat red chile powder
9. 1 can Rotel can tomatoes
10. 1-2 tablespoons chicken base
11. 1 teaspoon garlic salt
12. 4-7 cups water
13. 1/4 cup cornstarch,
14. 3-4 teaspoons cold water
15. salt and pepper to taste

FOR THE NAVAJO FRY BREAD - NAVAJO TACO

1. 3 cups flour
2. 1/2 cup dry powdered milk (substitute regular milk if you can't find powdered)
3. 1 tablespoon baking powder
4. 1/2 warm water or milk
5. enough oil to fry bread, about 1-2 quarts

FOR THE GREEN CHILE

1. Heat oil in a large stockpot over medium heat
2. Season pork shoulder roast with salt and pepper on all sides area
3. While roast is browning, use gloves and clean the chiles.
4. It is absolutely crucial NOT to wash the chiles with water. Washing them removes too much of the chile flavor. Cut or pull the stem end off, turn pepper upside down and gently squeeze seeds out of the chile, peeling the skin off as you go. There will be a few stubborn seeds and a few pieces of skin, don't worry, they add more yummy flavor
5. Chop chile, set aside
6. Remove roast from stockpot, place on a large rimmed dish, to catch juices
7. Add onions to the pot, saute for a few seconds, stirring until translucent
8. Add garlic, stir to combine, cook only a few seconds, do not burn
9. Add 1 cup water to deglaze the pan, add chicken base, bay leaf, oregano, garlic salt, red chile powder, chopped green chile, and Rotel
10. Return roast to stockpot, add enough water to almost cover the roast, bring to a boil stirring occasionally, reduce heat, cover and cook for 3 hours
11. Test flavor of broth, add more salt and pepper to taste, if roast is tender enough (meat

- falling off the bone) remove meat from pot, using 2 large forks, pull meat apart and chop into chunks (cook additional 30 mins to 1 hour if the roast is still tough)
12. Return chopped meat to stock pot, cover, and cook over medium low heat for 1 hour
 13. Mix cornstarch with water until there are no lumps, add to pot and stir until sauce is slightly thickened

FOR THE FRY BREAD

1. Combine the first 5 ingredients in a large mixing bowl
2. mix with fork until dough comes together, add more flour if dough is sticky
3. Knead dough until soft and smooth, do not overwork the dough or it will become tough
4. Cover bowl with a clean damp cloth and let rest for 30 - 2 hours
5. When dough has rested, heat the oil in a deep fryer or cast iron pan to 375 degrees
6. Pull off golf ball size pieces of dough, flatten each piece using hands until round and flat, about 1/4 inch thick
7. For a puffy taco, dough can also be rolled out thinly on a floured surface
8. Cook in hot oil until lightly browned on both sides, about 1 minute per side or more if necessary
9. Drain fry bread on paper towels

Notes

1. Navajo Taco Assembly
2. Allow one or two pieces of fry bread per person, using a deep plate with a rim to hold chile, ladle hot green chile over the bread, garnish with raw onions, shredded cheese, lettuce or your favorite toppings
3. Toss in powdered sugar for a delicious dessert treat

By Rebecka Evans

At Home with Rebecka <http://athomewithrebecka.com/>

NAVAJO TACOS AND GREEN CHILE STEW



Navajo Tacos and Green Chile Stew

I'm all about food memories! The kind of memories that evoke a moment in time through just one bite of a remembered dish. In the instant the food touches your taste buds, your mind flashes back to that special moment in time. Memories flood your mind, some in a good ways, others maybe not so much.

This story leads to one of my most happy food memories.

When I was in Elementary school my older brother began dating an American Indian girl. After a few months of dating, our families got to know each other and soon became very close friends. As a result, my family became involved with the Lone Feather Indian Counsel in Colorado Springs, CO. Our involvement began by going to monthly meetings where our parents helped with media promotions, fundraising for the Indian College Fund and event planning. The Council sold Navajo Tacos, Chile and *Posole* to raise money for the College Fund, at mini Pow Wows throughout the year, culminating in an extravagant Pow Wow in the summer. American Indians from around the Country would travel to Colorado to compete for cash prizes and to see the crowning of the years newest Indian Princess.

The Lone Feather Indian Counsel was made up of American Indians from Colorado, Taos New Mexico, Oklahoma, and Nebraska however, other regions were represented. My father is one quarter *Cree Indian*, which makes me one eighth Cree, however, you wouldn't know it to look at me with my light colored skin and blue eyes.



Photos were taken during a mini Pow Wow in Manitou Springs, Colorado, 1971



At the end of the meetings, the Elder drummers would play and sing traditional music while the families gathered to dance. The women would wrap hand made shawls around their shoulders and the men would don traditional headdress; merging in a cacophony of movement and joy. It was a truly cultural experience to be a part of the organization and see "real" American Indians, living life and learning to understand the American Indian culture in such a personal way. All of us, living normal everyday lives in normal everyday homes but experiencing traditions long past.

As time past, I began to discern the different melodies of each song and learn the history of their long sung stories. The rhythmic beat of the drums and the strong clear voices of the elders, remain in my mind to this day.

Intertwined, with the smell of Indian Fry Bread, piping hot *Pasole*, fancy dancers pounding the floor, and the anticipation building at who would become the next Indian Princess...all moments I can remember as if it were yesterday.



Frybread has a significant role in Native American cultures. It is often served both at home and at gatherings. The way it is served varies from region to region and different tribes have different recipes. It can be found in its many ways at state fairs and pow wows, but what is served to the paying public may be different than what is served in private homes and in the context of tribal family relations. Source Wikipedia

Green Chili Navajo Tacos

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This Fry Bread recipe comes from a close family friend, Ann Fineran, a Pine Ridge Sioux, from South Dakota. She was the last of her lineage.

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Ingredients

1. FOR THE GREEN CHILI STEW
2. 3-4 boneless pork chops cubed
3. 1 small yellow onion diced
4. 1 cup roasted green chilies (preferably fresh roasted)

5. 2 tablespoons fresh minced garlic
6. 2 tablespoons canola oil
7. 1 can chopped tomatoes with liquid
8. 3 cups water
9. 1 14 ounce can Ranch Style Beans
10. 3-4 tablespoons chicken base concentrate (to taste)
11. salt and pepper to taste
12. FOR THE FRY BREAD
13. 2 cups flour
14. 1 tablespoon baking powder
15. 1 teaspoon salt
16. 1 cup 2% or whole milk
17. canola oil for frying, about 4 cups

Instructions

1. Cube pork chops, season with salt and pepper, chop onion
2. Heat heavy bottom sauce pan on medium high
3. Add oil and saute onions until translucent
4. Add meat and saute till browned
5. Add remaining ingredients and bring to a boil
6. Reduce heat to low and simmer for 2-3 hours
7. FOR THE FRY BREAD
8. Heat oil on medium high in a cast iron skillet
9. Combine dry ingredients in a medium mixing bowl
10. blend together with a wooden spoon
11. add milk and stir until dough forms a ball
12. place dough on a floured surface and knead for 5 minutes or until dough is shiny
13. return dough to bowl and rest for 5 minutes
14. cut dough in half, then quarters, finally cutting the quarters in half.
15. roll dough thinly with a floured rolling pin
16. cook in hot oil until golden brown, turning several times
17. drain on paper towels

Notes

1. Garnish, 1 head lettuce, 2 cups shredded cheese, sour cream, honey
2. Assemble Navajo Tacos and serve
3. Serves 6

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