***NR#12 NMDOH INDIAN TACO WITH BISON-LOIS ELLEN FRANK***

***Serving Size and Ingredients: 3/4c***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 3 1/8 TBSP  | 6 ¼ TBSP | 12 ½ TBSP | Sunflower Oil |
| 3 1/8 cup | 6 ¼ cup | 12 ½ cups | Diced onon |
| 3 1/8 tsp  | 6 ¼ cup | 12 12 tsp | Garlic, finely chopped  |
| 6 ¼  | 12 ½  | 25 | Roma Tomaoes, diced |
| 3 1/8 lbs | 6 ¼ lbs | 12 ½ lbs | Ground bison |
| 6 ¼  | 12 ½ | 25 | Green chiles |
| 6 ¼ TBSP | 12 ½ TBSP | 25 TBSP | Red chile powder, mild |
| 15 2/3 cup | 31 ¼ cups | 62 ½ cups | Low sodium pinto beans |
| 3 1/8cup  | 6 ¼ cups | 12 1/2c  | Water |
| 1 ½ tsp  | 3 1/8 tsp  | 6 ¼ tsp  | Kosher salt |
| To taste | To taste | to Taste | ground black pepper  |
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***Instructions:***

**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.**

**2. Add the ground bison and cook for 5 to 7 minutes until the meat is cooked. Bison doesn’t need to cook as long as ground beef because it is more lean. Stir occasionally to prevent burning. Use the spoon or spatula to break down the meat into small pieces.**

 **3. Add tomatoes and cook for another 3 minutes, stirring to prevent burning.**

 **4. Add diced green chile, red chile powder, salt and pepper. Stir until all the spices are completely mixed into the other ingredients.**

**5. Add the cooked beans and the cup of water or bean juice. Stir to make sure all the ingredients are completely mixed together.**

 **6. Bring the mixture to a boil, reduce heat to medium low and cook for 5 minutes, stirring to prevent burning.**

 **7. Remove from heat and serve immediately over No-Fry Frybread and top with any of the garnish ingredients.**

**NOTE: if you can’t get bison, use ground turkey. For garnish try arugula greens, cut daikon radishes, watermelon radishes, microgreens, sprouts, diced red bell pepper, or avocado. Get creative and have fun with the toppings!**