

Recipe adapted from [\*Midwest Living Magazine\*](#).



## South Dakota Fry Bread

12 frozen dinner rolls (Rhodes work well)  
Canola oil  
Cooking Spray

Optional toppings:

Taco Meat  
Taco Ingredients  
Cinnamon and Sugar

Spray a muffin tin with cooking spray and place one dough ball into each muffin tin. Spray saran and cover the rolls for 3-5 hours. Once thawed roll each ball into 6-inch circles.

Cooking Option 1:

Cover the bottom of a heavy skillet with canola oil. Once heated place 1 or 2 of the dough circles into the oil. Fry for 1-2 minutes per side until golden brown. Once done, remove from oil and drain on paper towels. Place the drained fry breads in the oven to keep warm while frying the remaining dough circles.

Cooking Option 2:

Spray a griddle pan and cook the dough circles until golden brown on each side. Place in the oven to keep warm while cooking the remaining rolls.

Serve warm fry bread as a main dish with taco meat and toppings. Or serve warm fry bread as a dessert with cinnamon and sugar.