



Please help us fill the shelves at the
Native Hope Food Pantry.
Here are a few of the items we need most.

- Canned foods
- Dry goods
- Diapers and baby wipes
- Blankets
- Toiletries
- Sheets
- Towels
- Kitchen items
- School supplies

Boost your gift by placing your order on
[Smile.Amazon.org](https://www.smile.amazon.org). Amazon will donate
0.5% of the price of all eligible items to
St. Bonaventure Indian Mission and School

It's as easy as 1-2-3!

1. Visit [Smile.Amazon.org](https://www.smile.amazon.org)
2. Designate St. Bonaventure Indian
Mission and School as your
charity of choice
3. Shop as usual and Amazon will
send the proceeds of your order
(0.5% of all eligible items) directly to us!

Thank you for your support!



NAVAJO MUTTON STEW RECIPE

Mutton, or lamb, stew is a traditional
and beloved staple of the Navajo diet.
Mutton stew consists of mutton simmered
in a simple broth containing a variety of
vegetables and accompanied by fry bread.
Sheep became a major part of Navajo
economy and diet following their
introduction into the Americas by the
Spanish during the 1860's.

YOU WILL NEED:

- 8-10 cups Water
- 3 lbs of Mutton back bone
- 3 Large Carrots diced
- 3 Medium Russet Potatoes diced
- 4 Celery Stalks diced
- 1 Large Onion diced
- ½ tablespoon Garlic Salt
- ½ teaspoon Pepper
- Option: Diced Jalapeno

Instructions:

In a large pot, add water and
season with garlic salt and pepper.
Add in meat and chopped vegetables.
Cook on medium heat until meat is
tender and falling off bone.
(approx. 1-2 hours)

NAVAJO FRY BREAD RECIPE

Bubbly flatbreads you can enjoy as-is, use for Navajo tacos and wraps, or an easy dessert!

Ingredients:

- 2 cups oil for frying
- 4 cups all-purpose flour
- 3 tablespoons baking powder
- 2 tablespoons salt
- 2 ½ cups warm milk

INSTRUCTIONS:

Step 1- In a large heavy bottomed frying pan, heat 1 inch of vegetable oil or lard to 365 degrees F (185 degrees C).

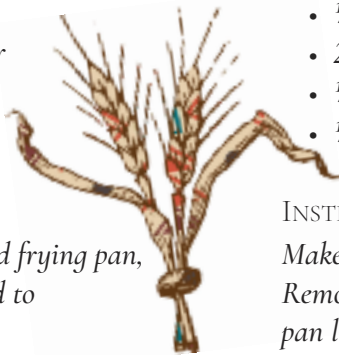
Step 2- In a large mixing bowl, combine flour, baking powder, salt and milk; mix well.

Knead the dough 30-40 times gently turning to mix. Knead until the milk is fully incorporated and dough is slightly smooth and sticky.

Cover the bowl with a dish towel and let it sit for 30 minutes to rest.

When the dough is ready, form it into small balls and pat them flat.

Step 3- Place 3 or 4 at a time into the hot oil. When the rounds begin to bubble, flip them over and cook until golden. Drain on paper towels and serve hot. Remove the fry bread to a paper towel-lined plate and allow it to drain while you fry the other pieces.



FRY BREAD WITH CINNAMON HONEY BUTTER RECIPE

Soft and golden Navajo fry bread served hot with powdered sugar and cinnamon honey butter!

Cinnamon Honey Butter Ingredients:

- ½ cup unsalted butter, room temperature
- 2 tablespoons honey
- ½ teaspoon ground cinnamon
- ¼ teaspoon coarse salt

INSTRUCTIONS:

Make Navajo Fry bread.

Remove from oil with tongs and place on a sheet pan lined with paper towels to drain excess oil.

Sprinkle with powdered sugar and serve immediately with the cinnamon honey butter or other desired topping.

INSTRUCTIONS FOR HONEY BUTTER:

Beat all ingredients with an electric mixer until smooth and somewhat creamy, about 2 minutes. Store any leftovers in the fridge for up to a week.

