



Taco Seasoning

This salt-free blend is a great alternative to not-so-healthy store bought taco seasonings. Make it in bulk to keep on hand for a tasty addition to tacos and fajitas!

U.S.

1/2 cup	Chili Powder
1/4 cup	Cumin, ground
1/4 cup	Oregano, dried
1/4 cup	Garlic Powder
1/4 cup	Onion Powder

Metric

72g
36g
12g
36g
36g

Preparation:

1. Gather all ingredients.
2. Combine all of the seasonings in a container or jar with a lid. Cover and shake well to combine.
3. Store blend in a cool, dry place. Keep bulk on hand for up to 6 months.

7/5/18

Nutrition Facts

12 Servings

Serving size 1/2 Tablespoon

Amount per serving

Calories 0

Calories from Fat 0

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 15 mg

Total Carbohydrate 2 g

Dietary Fiber 1 g

Total Sugars 0 g

Includes 0g Added Sugars

Protein 0 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 45 mg

Phosphorus 10 mg
