



## 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>U.S.</u>		<u>Metric</u>
1/2 cup	Chili Powder	72g
1/4 cup	Cumin, ground	36g
1/4 cup	Oregano, dried	12g
1/4 cup	Garlic Powder	36g
1/4 cup	Onion Powder	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.

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## Nutrition Facts

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12 Servings

**Serving size**                      **1/2 Tablespoon**

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**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

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