



# Taco Seasoning

Servings 5 | Prep time 5 mins. | Total time 5 mins.

## Equipment:

Small container with lid

## Utensils:

Measuring spoons

## Ingredients

2 tablespoons chili powder  
1 tablespoon ground cumin  
3 cloves garlic, minced OR 1 tablespoon garlic powder  
1/2 tablespoon onion powder  
1/2 tablespoon dried oregano  
1/2 tablespoon salt

## Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Combine all spices in a small container with a lid. Cover with lid and shake thoroughly to blend.
3. Use 1 tablespoon of taco seasoning per pound of meat or beans, or as needed for a certain dish.

## Nutritional Information:

Calories 25  
Total Fat 0g  
Sodium 800mg  
Total Carbs 4g  
Protein 1g