



Taco Seasoning

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

Equipment: Small container with lid,
measuring spoons

Utensils: None

Ingredients

2 tablespoons chili powder
1 tablespoon cumin
1 tablespoon garlic powder
½ tablespoon onion powder
½ tablespoon dried oregano
½ 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.

Nutritional Information:

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