



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.		Metric
1/2 cup	Chili Powder	72 g
1/4 cup	Cumin, ground	36 g
1/4 cup	Garlic Powder	36 g
1/4 cup	Onion Powder	36 g
2 Tbsp	Oregano, dried	6 g
2 Tbsp	Paprika	18 g

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.

Nutrition Facts

12 Servings

Serving size **1/2 Tablespoon**

Amount per serving

Calories **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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