

Taco Seasoning I



Rated: ★★★★★

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Prep Time: 1
Minute

Ready In: 1
Minute

Servings: 10

"A mixture of spices that approximates what you might buy in a package. Depending on how spicy you and your family like your dishes, use as little or as much as you want."

INGREDIENTS:

1 tablespoon chili powder	1/4 teaspoon dried oregano
1/4 teaspoon garlic powder	1/2 teaspoon paprika
1/4 teaspoon onion powder	1 1/2 teaspoons ground cumin
1/4 teaspoon crushed red pepper flakes	1 teaspoon sea salt
	1 teaspoon black pepper

DIRECTIONS:

1. In a small bowl, mix together chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt and pepper. Store in an airtight container.

Nutrition Information

Servings Per Recipe: 10
Calories: 5

Amount Per Serving

Total Fat: 0.2g

Cholesterol: 0mg

Sodium: 185mg

Amount Per Serving

Total Carbs: 0.9g

Dietary Fiber: 0.4g

Protein: 0.2g

