

Taco Seasoning

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INGREDIENTS

1 ½ T. chili powder

2 T. cumin

1 ½ T. paprika

1 ½ T. onion powder

1 T. garlic powder

1/8 to ½ tsp. cayenne, or to taste

DIRECTIONS

Mix all ingredients together and store in an airtight jar.

SERVINGS: ~ 1/2 C or 8 Tbsp

TIP

I use approximately 1 tablespoon seasoning to 1 pound ground beef, chicken or turkey.

NUTRITION INFO

Calories — 11 Fat — 0 g Protein — 0 g
Carbs — 2 g Fiber — 0 g Net carbs — 2 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.