



Taco Seasoning

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 2 tablespoons

Ingredients

- 2 teaspoons ground cumin
- 1½ teaspoons ground coriander
- ¾ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon paprika
- ¼ teaspoon chili powder
- ¼ teaspoon oregano

Directions

1. Mix all the spices together in a small bowl.
2. Transfer the spice mixture to a small container with a lid for ease of use when adding to recipes.

Recipe Notes

- Use 1½-2 tablespoons of the mixture per 1 pound of ground meat or other protein for tacos.
- This recipe is salt-free. When seasoning your dishes, add salt separately, to taste.
- Store the spice mixture at room temperature in the sealed container for up to 1 year
- This seasoning also goes well in burritos, sprinkled onto kale chips, in a dip, in a soup, or in any dish you want to give a twist of Tex-Mex flavor to.

Nutrition Facts Per Serving: Calories: 35 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 15 mg | Total Carbohydrate: 6 g | Dietary Fiber: 2 g | Protein: 2 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs