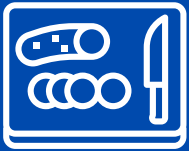


Homemade Taco Seasoning

4 Steps to Food Safety



Clean



Separate



Cook



Chill

Ingredients:

- 2 Tablespoons chili powder
- 2 Tablespoons paprika
- 5 teaspoons cumin
- 4 teaspoons onion powder
- 1 Tablespoon garlic powder
- ¼ teaspoon cayenne pepper

Directions:

1. Wash hands with soap and water.
2. In a small storage container with a tight-fitting lid, combine all ingredients. Mix well.
3. Seal tightly. Store in a cool, dry place for up to 6 months. Two tablespoons of mix equals one package of purchased taco seasoning mix.

Serving Size (1 teaspoon of mix): Calories 25, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrates 4g, Fiber 2g, Total Sugars 0g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%.

For more healthy tips and recipes, go to:

Food.unl.edu

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