



Taco Seasoning

Adapted from natashaskitchen.com



Ingredients



- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1 tsp paprika, preferably smoked paprika
- 1 tsp fine sea salt
- 1 tsp ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried oregano
- Pinch red pepper



Directions



Yield: 9 servings **Serving size:** 1 tbs

1. In a small bowl, add all of the taco seasoning ingredients. Stir to combine and store homemade taco seasoning in an airtight container for up to 6 months.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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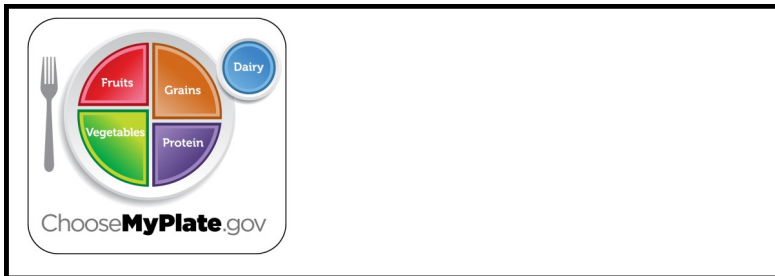
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Fast Facts



Featured Food Groups



Cooking Tips



- Nutrition label is calculated per 1 teaspoon of homemade taco seasoning.

Nutrition Facts

Homemade Taco Seasoning Recipe

Amount Per Serving

Calories 7

Calories from Fat 3

	% Daily Value*
Fat 0.3g	0%
Saturated Fat 0.04g	0%
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0.1g	
Sodium 274mg	12%
Potassium 38mg	1%
Carbohydrates 1g	0%
Fiber 1g	4%
Sugar 0.1g	0%
Protein 0.3g	1%
Vitamin A 382IU	8%
Vitamin C 0.1mg	0%
Calcium 11mg	1%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Second Harvest is an equal opportunity provider.



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