



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TACO SEASONING

INGREDIENTS

- 1 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp paprika
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp dried oregano
- ¼ tsp black pepper
- Pinch of red pepper flakes



DIRECTIONS

Combine taco seasoning mix and store in an airtight container in a cool, dry place for up to 6 months

Making your own taco seasoning (or other seasonings such as ranch dressing) often have about half as much sodium as the pre packaged seasonings. Being able to control every ingredient that goes into this seasoning, you will be able to flavor your food just how you like it. Feel free to mix and match by adding other flavors to this– could be adding more red pepper flakes for a bit of a kick or take them out if you prefer your food a bit more mild.