

Ingredients:

- 1/4 cup chili powder
- 1/4 cup cumin powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon oregano leaf (or oregano leaf powder)
- a dash of paprika
- 1 teaspoon ground black pepper

Taco Seasoning Mix
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Directions:

1. Wash your hands with soap and warm water.
2. Put all spices in a jar and shake well. Store in an airtight jar for up to six months.

Nutrition Facts (Per Serving)

This seasoning mixture has no added salt. Nutrition information varies depending on how much is used in a recipe and how many servings come out of the recipe.

Makes approximately 1 cup.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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