



Taco Seasoning

allrecipes.com

Our homemade taco seasoning recipe made with chili powder, cumin, paprika, and a few other easy-to-find spices is cheaper than packaged versions!

Servings: 1

PREP TIME

5 MIN

TOTAL TIME

5 MIN

Ingredients

- 1 tablespoon chili powder
- 1.5 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano

Nutrition

Calories 49, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 2353mg, Total Carbohydrates 8g, Dietary Fiber 4g, Sugar 0g, Protein 2g, Vitamin A 3191IU, Vitamin C 0mg, Calcium 77mg, Iron 4mg, Phosphorous 53mg, Potassium 294mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Combine all ingredients together in a bowl.
3. Use as needed in parent recipes.

Serving instructions

Total recipe yields 8 teaspoons (1 ounce).

Household taco seasoning packets weight ~1 ounce.

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 4.22.25. Nutrition Facts reflect the amount of the entire recipe.

Equipment

bowl

Tags

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