

TACO SEASONING MIX

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Chili powder		¾ cup	1. Combine all ingredients and mix thoroughly. 2. Store mixture in a tightly sealed container. 3. Label and date the container. 4. Use as an ingredient according to recipes.
Ground cumin		¾ cup	
Paprika		2 Tbsp.	
Onion powder		2 Tbsp.	
Garlic, granulated		3 Tbsp.	
Onions, dehydrated flakes		3 Tbsp.	
			Yield: approximately 2 cups

Nutrition Information (per recipe)

Calories: 820/Protein: 35 g/Carbohydrate: 126 g/Fiber: 69 g
 Saturated fat: 2.5 g/Polyunsaturated fat: 7.5 g/Monounsaturated fat: 3 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 1720 mg/Potassium: 2545 mg