

Scott's Low-Sodium Taco Seasoning Mix

BY **SCOTT RICHARDSON**, PROJECT BREAD

Simple!

$\frac{7}{8}$ cup (14 tablespoons)
onion powder
 $1\frac{1}{3}$ cups (21 tablespoons)
chili powder
7 tablespoons ground cumin
7 tablespoons garlic powder
7 tablespoons paprika
7 tablespoons dried
ground oregano
 $1\frac{1}{2}$ tablespoons salt

YIELD: 4 CUPS

Mix ingredients in a bowl and then add to meats and salsas!

NUTRITIONAL INFORMATION (PER TEASPOON)

CALORIES: 7; SODIUM: 67.2 MG; SATURATED FAT: 4.27%

USDA REQUIREMENTS MET

N/A