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## Homemade Taco Seasoning

*Recipe developed by Richelle Tabelon BSc, RD*

Store bought taco seasoning has ~3660mg Sodium per pound of ground meat or poultry. (6 servings = 610mg sodium per serving). This homemade recipe contains ~1100mg Sodium per pound of ground meat or poultry. (6 servings = 183mg sodium per serving)

### What you need:

#### Single Batch

**(makes approximately 2 tbsp spice mix for 1 pound ground meat or poultry)**

- 1 Tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp dried oregano
- 1/2 tsp paprika
- 1 tsp ground cumin
- 1/2 tsp salt
- 1 tsp black pepper
- 1/2 tsp cornstarch
- 1/8 tsp or more cayenne pepper (optional if you like it spicy!)



#### Make Ahead Big Batch

**(makes 8 batches of spice mix;  
use 2 tbsp spice mix per 1 pound ground meat or poultry)**

- 8 Tbsp chili powder
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp dried oregano
- 4 tsp paprika
- 8 tsp ground cumin
- 4 tsp salt
- 8 tsp black pepper
- 4 tsp cornstarch
- 1 tsp or more cayenne pepper  
(optional if you like it spicy!)

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### How you prepare:

1. Combine all the spices in a bowl (store extra in an airtight container or jar).
2. Brown ground meat or poultry in a saucepan. Add 2 tbsp taco seasoning per 1 pound of ground meat or poultry along with 1 cup water and simmer until most of the water has evaporated.
3. Serve ground seasoned meat in soft corn tortillas, hard shell corn tortillas or in flour tortillas along with your favorite toppings such as shredded lettuce, diced tomatoes, diced onions, diced peppers, cubed avocado, beans, salsa, grated cheese, sour cream and/or cilantro. Alternatively or using the leftovers make a taco salad out of the same ingredients.

### Per Serving:

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This homemade recipe contains ~1100 mg Sodium per pound of ground meat or poultry. (6 servings = 183 mg sodium per serving).

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