



Easy Taco Seasoning

¼ t. chipotle chili pepper
¼ t. garlic powder
¼ t. dried oregano
½ smoked paprika
1 t. sea salt

1 t. cracked black pepper
1 ½ t. chili powder
1 ½ t. cumin
½ - 1 T. corn starch (optional)

Add all spices to browned ground beef (I prefer the 93% lean). Add the cornstarch if necessary to thicken the mixture. Sauté 2-3 minutes to blend in the flavors and serve.

I always sauté chopped onions before browning the beef – if you omit that step add ¼ t. onion powder.

This taco blend works well on chicken, fish, beef or anything you want a taco flavor.

I suggest you triple or quadruple this recipe and store in an airtight container. The above amounts are equal to one packet of taco seasoning. If you triple or quadruple, about 2 T. of the mixture equals one packet of taco seasoning.

In the past I purchased taco seasoning, but it is so high in sodium and other fillers – even the reduced sodium packets. Using these simple spices yields the same great flavor with much less sodium and no fillers.