



A Nutrition Resource

TACO SEASONING MIX

Ingredients:

- 2 teaspoons dried minced onion
- 1 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon cornstarch
- 1/2 teaspoon crushed dried red pepper
- 1/2 teaspoon dried minced garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin

Directions:

After cooking 1 pound of ground beef, add 2 Tablespoons of Taco Seasoning Mix. Stir to coat. Add 1/4 cup water. Stir until mixture thickens. Serve with taco shells and toppings.



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