

# Healthy Taco Seasoning

7 ingredients · 5 minutes · 4 servings



## Directions

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1. Mix together. Use 2 1/2 Tablespoons per 1 pound meat.
2. I usually double or triple the batch when I make it so that I can have it on hand for those last minute dinner idea nights. Tacos are an easy Go-To meal for us :)

## Ingredients

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- 2 **tbps** Chili Powder
- 1 **2/3 tbps** Paprika
- 1 **1/3 tbps** Cumin (ground )
- 1 **tbsp** Onion Powder
- 2 **1/2 tsps** Garlic Powder
- 2 **tsps** Sea Salt
- 1/8 **tsp** Cayenne Pepper (OPTIONAL)