HEALTH-CRUSH

Food for the Body, Mind & Soul

TACO SEASONING

Homemade taco seasoning...the best in your spice drawer.

SERVINGS	SERVING SIZE	TIME TO MAKE
36	1 TEASPOOON	5 MINUTES

INGREDIENTS

- 2 Tablespoon Chili Powder
- 2 Tablespoon Cumin
- 2 Tablespoon Dried Onion
- 2 Tablespoon Dried Garlic
- 2 Tablespoon Parsley
- 1 Tablespoon Paprika
- Sprinkle of Salt

DIRECTIONS

- 1. Mix all the ingredients in a bowl until they are well dispersed.
- 2. Store in an airtight container or mason jar in a dark place, away from light.
- 3. Use generously in your foods.
- 4. Can last up to 12 weeks
- 5. Enjoy!

Nutritional Information per serving: 6 Calories, 0 grams Fat, 0 gram Saturated Fat, 0 mg Cholesterol, 22 mg Sodium, 1 grams Total Carbohydrates, 0 gram Fiber, 0 grams Sugar, 0 grams Protein, 9% Vitamin A, 0% Vitamin C, 1% Calcium, 2% Iron