Taco Seasoning Mix
Makes about ½ cup mix

Ingredients:
3 tablespoons chili powder
1 tablespoon ground cumin
1 tablespoon paprika
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon cornstarch
1 teaspoon dried oregano
1 teaspoon ground pepper
1 teaspoon salt (optional)
½ teaspoon cayenne pepper (optional)

Directions:
In a small bowl mix together all ingredients. Store in an airtight container.

Nutritional Information per 1 tablespoon (without salt):
Calories: 18  Carbohydrates: 4g
Total Fat: 0g  Cholesterol: 0mg
Saturated Fat: 0g  Dietary Fiber: 0g
Sodium: 0mg  Protein: 0g

Preparation:
Brown 1 pound 93% lean ground meat (beef, turkey, or chicken). Drain fat.
Add 2 Tablespoons Taco Seasoning Mix and ¾ cup water. Simmer 15 minutes.

Serve with warm corn tortillas, cheddar cheese, salsa, plain Greek yogurt (instead of sour cream).