

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



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).