

Dry Taco Seasoning Mix

Prepared by Sherri Morris, UT Extension Agent, Fayette County

Ingredients:

1/4 cup dried minced onion
1 Tablespoon garlic powder
2 Tablespoons chili powder
1 Tablespoon dried oregano
1 Tablespoon cornstarch
1 Tablespoon ground cumin
1 Tablespoon crushed dried red pepper

Instructions:

Combine all ingredients; mix well. Place in storage container with a tight-fitting lid; seal tightly. Store in a cool, dry place for up to one year. Stir or shake well before each use.

This recipe for a dry taco seasoning that only has 31 mg of sodium, compared to a typical, purchased package that contains over 2000 mg of sodium!

This recipe makes the equivalent of six (1.25 ounce) packages

To use as a substitute for commercially prepared taco seasoning mixes, measure 2 Tablespoons per pound of hot, cooked, ground meat. Then add 8 ounces (no added salt) tomato sauce to the cooked ground meat/seasoning mixture. Spoon meat mixture into taco shells and top with cheese, shredded salad greens, tomatoes, and other desired toppings.