

Salt-Free Taco Seasoning



Use this seasoning blend in place of a store-bought packet when making your favorite tacos. It's packed with flavor and allows you to control the amount of sodium in your recipes.

YIELD 3/4 CUP	PREP TIME 2 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

3 Tbsp	Chili Powder
3 Tbsp	Onion Powder
1 Tbsp	Cumin
1 Tbsp	Coriander
1 Tbsp	Garlic Powder
1 Tbsp	Paprika, smoked or regular
1 1/2 tsp	Black Pepper
3/4 tsp	Cayenne Pepper (optional)

CHEF'S NOTES

This salt-free blend is a great alternative to store-bought taco seasoning packets that are high in sodium. The blend is easy to put together using spices that are likely already in your pantry and can also be customized to suit your taste. Make this recipe in bulk to keep on hand for a quick and tasty flavor boost in tacos, burrito bowls, and fajitas. You can also use it to season popcorn or homemade tortilla chips!

DIRECTIONS

1. Gather all necessary ingredients.
2. Combine all of the seasonings in a container or jar with a lid. Cover and shake well to combine.
3. Can be used immediately in your favorite recipe and extras can be stored in a sealed container for up to six months in a cool, dark space.

Nutrition Facts

12 servings per container

Serving size 1 Tbsp (6g)

Amount Per Serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber <1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

