

# BITS and BITES

## Homemade Taco Seasoning

### Ingredients

- 1/3 cup chili powder
- 3 tbsp. paprika
- 5 tbsp. ground cumin
- 1 tbsp. oregano
- 1 tbsp. ground black pepper
- 1 tsp. cayenne pepper (more if you want really spicy)

### Directions

3. Combine all ingredients & store in a plastic container.
4. Use as seasoning for tacos, black bean burgers, beans & rice, or whatever else you want to give Mexican flavor!

Try **substituting ground turkey** for ground beef in any of your favorite recipes as an easy way to **reduce the amount of fat!**

Add 2-3 tbsp. of this homemade taco seasoning per pound of meat to make flavorful tacos without all the added salt found in the pouches from the grocery store.

#### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.  
This institution is an equal opportunity provider.

**NC STATE** EXTENSION



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