



A Nutrition Resource

TACO SEASONING MIX

Ingredients:

- 2 teaspoons dried minced onion
- 1 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon cornstarch
- 1/2 teaspoon crushed dried red pepper
- 1/2 teaspoon dried minced garlic
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin

Directions:

After cooking 1 pound of ground beef, add 2 Tablespoons of Taco Seasoning Mix. Stir to coat. Add 1/4 cup water. Stir until mixture thickens. Serve with taco shells and toppings.



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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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