

You need a teaspoon for measuring and a jar or bowl to hold the seasoning mixture.

- 6 Tsp Chili Powder
- 5 Tsp Paprika
- 4 1/2 Tsp Cumin
- 3 Tsp Onion Powder
- 2 1/2 Tsp Garlic Powder
- 1/8 Tsp Cayenne Pepper

Mix this all in a jar or bowl and you have a healthier prepared taco seasoning! Make it mild or hot.

This can be used on beef, chicken, with refried beans or however you would like to use it.

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