



DRESSING | PEAK SEASON: Summer & Fall

# Homemade Taco Seasoning

Recipe by: Kiandra Call

Yields: 3/4- 1 cup  
Prep Time: 10 minutes  
Shelf Life: 6-12 months

## Nutritional Info

- Calories: 6
- Carbs: 1g
- Fiber: 0g
- Protein: 0g
- Fat 0g
- Sugars: 0g
- Sodium: 40mg

## Ingredients

- 6 tbsp chili powder
- 3 tbsp cumin
- 2 tbsp smoked paprika
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 1 tbsp oregano (or Mexican oregano if available)
- 1 tbsp ground coriander
- 1 tbsp black pepper
- 1 tbsp red pepper flakes or cayenne
- 1 tsp kosher salt

## Instructions

- Mix spices together in a large bowl until evenly combined.
- Store in a 4 ounce jar or Mylar bag, sealed airtight.
- Label with date - best flavor between 6-12 months.

## Additional Info

- Chili Powder, cumin and oregano add bold flavor so you don't need heavy salt.
- Great for tacos, fajitas, roasted veggies, soups or even sprinkled on popcorn.
- Store in a cool, dark place for up to 12 months. Make sure to label and date your spices!

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at [freshrxok.org/recipes](https://freshrxok.org/recipes)

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