

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Homemade Taco Seasoning

From www.melskitchencafe.com

You can easily quadruple the recipe and store it in an airtight container so you don't have to assemble the mix each time you need taco seasoning. You can also sub in smoked paprika for the regular paprika to give it a different, smoky flavor.

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Pinch of cayenne pepper
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon table salt
- 1/2 teaspoon black pepper

Mix all spices together until well combined. Use immediately or store in an airtight container in your spice cabinet and use as needed.