

DIY Homemade Taco Seasoning

Yield: 6 min
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/taco-recipe-india>

Ingredients:

- 2 tablespoons chili powder
- 3 teaspoons ground cumin
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1/2 teaspoon onion powder or Onion Granules
- 1 pound ground beef or Chicken
- 2 tablespoons taco seasoning Homemade, instructions below
- 3/4 cup water
- 1 tablespoon flour
- taco shells or Tortillas
- taco toppings lettuce, tomato, cheese, sour cream, avocado, corn, black beans, etc

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 930 milligrams
9. TransFat: 1 grams

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