

# Taco Meat Seasoning

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-taco-meat-seasoning-recipe>

## Ingredients:

- 1/4 teaspoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano

## Nutrition:

1. Calories: 5 calories
2. Carbohydrate: 1 grams
3. Sodium: 590 milligrams

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