

Homemade Taco Seasoning with Penzeys Spices

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/penzeys-turkish-seasoning-recipe>

Ingredients:

- 4 tablespoons chili powder regular
- 1 teaspoon garlic powder
- 1 teaspoon onions Dried, ground in a mortar/pestle, or use Onion Powder
- 1 teaspoon seasoning Northwoods Fire, or use crushed red pepper flakes
- 1/2 teaspoon seasoning Berbere, It's the spicy kick! Be careful...this stuff is hot!
- 1 teaspoon oregano Turkish, dried- I use a bit more...I like Oregano
- 2 teaspoons paprika Smoked Spanish Style
- 2 tablespoons cumin seed India Ground
- 2 teaspoons sea salt or less...or none!
- 4 teaspoons freshly ground black pepper

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 7 grams
3. Fat: 2 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. Sodium: 1260 milligrams
7. Sugar: 1 grams

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