



Categories: Family Friendly. Keto. Low Carb. Dairy Free. Vegetarian

Taco Seasoning

Yield: 4 Servings for 1 pound of meat

Prep time: 10 minutes

Ingredients

1 Tablespoon chili powder

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon red pepper flakes

¼ teaspoon oregano

½ teaspoon paprika

1 ½ tablespoon cumin

1 teaspoon sea salt

½ teaspoon black pepper

Directions

Mix all ingredients into a small bowl. Sprinkle over 1 pound of cooked ground beef/turkey/chicken. Add ½ cup of water after the seasoning and stir until combined.

Macronutrient Breakdown

Amount Per Serving

Calories: 17

Fat: 0.8g

Total Carb: 2.7g

Fiber: 1.2 g

Protein: 0.8g