



Weight Loss Done Right!

Taco Seasoning

Ingredients:

- 1 ½ tbsp. Chili Powder
- 2 tbsp. Cumin
- 1 ½ tbsp. Paprika
- 1 ½ tbsp. Onion Powder
- 1 tbsp. Garlic Powder
- 1/8 to ½ tsp. Cayenne, or to taste

Directions:

1. Mix all ingredients together and store in airtight container.
2. Recipe makes about 8 Tablespoons.
3. Use 2 tbsp. per pound of ground chicken, turkey, or lean beef.