



GENESIS
Health Solutions
WHERE HEALTH BEGINS

TACO SEASONING

By Dr. Cindy Tanzar
(Standard)

This seasoning is great as a rub on meats or as a seasoning for soups or other dishes. Here is an easy taco seasoning recipe to make without all the sugar. No need to count it in your checklist. Just enjoy 1-2 tablespoons.



INGREDIENTS

2 tbsp. chili powder
2 tsp. smoked paprika
2 tsp. cumin
1/2 tsp. cayenne pepper
1 tsp. oregano
1 tsp. pink Himalayan salt
1 tsp. cracked pepper

INSTRUCTIONS

Mix all ingredients in jar. Seal and store in pantry.