

# Low Sodium Taco Seasoning



Skill Level: EASY

## Ingredients

- 1/2 tbsp chili powder
- 1 tsp onion powder
- 1/2 tsp ground pepper
- 1/2 tsp cumin
- 1/2 tsp dried oregano
- 1 tsp paprika

## Directions

1. Mix all spices together
2. Add to 1 lb of ground beef/chicken/turkey

**Servings: 1**  
**Serving Size: Per Batch**

### **Nutrition Facts / Per Serving:**

Calories 25, Sodium 42 mg,  
Protein 1 g, Carbohydrate 4 g,  
Potassium 135 mg, Phosphorus 25 mg