

SOUTHWESTERN SEASONING MIX

Preparation Time: 10 minutes
Makes: 1 cup

INGREDIENTS

- ¼ cup chili powder
- ¼ cup onion powder
- 2 tablespoons cumin
- 2 tablespoons ground coriander
- 2 tablespoons oregano
- 2 tablespoons basil
- 1 tablespoon thyme
- 1 tablespoon garlic powder

DIRECTIONS

1. Be sure all equipment and ingredients are dry. Combine all ingredients.
2. Store in an airtight container in a cool place for up to 1 year.
3. For tacos or chili, add 1- 2 tablespoons to 1 pound ground meat. (Cook meat to 160°F.)
4. For dip for vegetables or chips, add 1 tablespoon to 1 cup low- fat sour cream. Chill for 1 hour before serving. Refrigerate leftovers within 2 hours of serving and use within 2 days.

NUTRITIONAL INFO: Serving Size: 1 tablespoon,, Calories: 20; Fat: 0 grams (g); Sodium: 20 milligrams (mg); Fiber: 1 g.



VARIATION:

Southwestern Seasoning Mix

1. If there is a food co-op near you, check for lower prices for spices and herbs. You can purchase just the amount of seasonings that you need.
2. This is a low-cost seasoning mix that is a tasty replacement for commercial seasoning mixes.
3. Prepare this seasoning mix as a gift. Put in a clean, airtight jar and add a colorful ribbon and a card with directions for using.

SIMPLY GOOD EATING



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