



Taco Tuesday Seasoning

Prep **5 mins**; Total **30**; Cook, Enjoy, Clean **60 mins**

We love tacos – really– who doesn't? But we never liked the taco seasoning we got in packets. It was too salty and had ingredients we couldn't pronounce. So, after much searching on the internet, experimenting and adapting, we came up with our own. You can use any kind of meat – ground beef, steak, chicken or pork – give them all a try.

The seasoning recipe is for 1 lb. of meat.

(Note: all spices are from Penzeys Spices.)

- ¼ tsp. roasted garlic powder**
- ¼ tsp. toasted, granulated onion powder**
- ¼ tsp. dried oregano**
- ½ tsp. smoked Spanish paprika**
- ½ tbl. ground cumin seed**
- 1 tsp. kosher salt**
- 1 tsp. ground black pepper**
- 1 tbl. chili con carne seasoning**

1. Mix all spices together except the salt.
2. Prepare and cook meat of your choice using salt reserved above – especially if grass-fed.
3. Remove from heat, drain, if needed, and add spice mixture, coating thoroughly.
4. Add ½ c. water and place back on low heat to simmer.
5. Simmer until water is absorbed.
6. Serve on tortillas or shells of your choice with fixings that fit your calorie and macronutrient requirements.
7. Enjoy!

Serves 1 (sample 4 oz. serving with 98% lean, grass-fed ground beef) **Calories** 162; **Fat** 2g; **Protein** 25g; **Carbs** 0g

It does seem redundant to use chili con carne seasoning since it's a complete package on its own but after trying numerous types of chili powder; we found we liked the robustness that it gives the recipe. Feel free to use different chili powders or peppers to your taste.

I'll usually simmer until liquid is almost absorbed, cover pan and place in 200° oven and let slowly roast. The longer time allows the spices to meld and the low heat keeps the meat from drying.

Try cooking steak, chicken or pork with this seasoning in a Crock-Pot for shredded meat tacos. You can also use this as a dry rub and grill the meat for a smoky flavor.

Measuring method: For those that are weighing food to calculate calories and macros, here's what we do. Weigh 16 oz. ground beef and cook as shown in the recipe. After the cooking process is complete and it's ready to serve, weigh the meat, in grams, and divide by 16. The resulting number is how many grams for each ounce of cooked and seasoned meat to use in your tacos.

