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.

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.

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