

Mexican seasoning



About this recipe

Serves

24

Serving size

1 tablespoon

Time to make

5 minutes

Ingredients

- 1/4 cup chili powder
- 2 tablespoons cumin

- 2 tablespoons ground coriander
- 2 tablespoons oregano
- 2 tablespoons basil
- 1 tablespoon thyme
- 11 tablespoons garlic powder
- 1 tablespoon black pepper
- 1.5 teaspoons cayenne pepper
- 1 teaspoon red pepper flakes

Directions

1. Combine all ingredients in small mixing bowl. Mix thoroughly.
2. Put into an airtight container and cover. Label the container.
3. Store in a cool, dark place, such as the refrigerator or a cool cupboard.
4. Add to ground beef, chicken, cooked dried beans, etc.

Tips and variations

- Depending on your taste preference, use this spice blend instead of salt to season food.
- Use on meat before baking, and in casseroles or soups, or add to melted margarine or butter to put on hot vegetables.
- If there is a food co-op near you, check for lower prices for spices and herbs. You can buy just the amount of seasonings that you need.
- This low-cost seasoning mix is a tasty replacement for commercial seasoning mixes.
- Prepare this seasoning as a gift. Put it in a clean, airtight jar and add a colorful ribbon and a card with directions for using.

Nutritional info

Calories

23

Total fat

0.4 g
Saturated fat
0.1 g
Cholesterol
0 mg
Sodium
41.7 mg
Total carbohydrates
4.9 g
Dietary fiber
1.4 g
Protein
1.1 g
Total sugar
0.3 g

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