



Family Plan

Spicy Seasoning Mix

Serving Size : 0 Preparation Time :0:00

Categories : Condiment

Amount Measure Ingredient — Preparation Method

3 tablespoons chili powder

2 teaspoons ground cumin

1 1/2 teaspoons garlic powder

3/4 teaspoon dried oregano leaves

1/2 teaspoon ground red pepper

Combine all ingredients. Cover and store in airtight container. Shake before using to blend.

Cuisine:

"Tex-Mex"

Source:

"The Texas Beef Council"

S(Internet address):

"<http://www.txbeef.org/>"

Per Serving (excluding unknown items): 103 Calories; 5g Fat (32.7% calories from fat); 4g Protein; 18g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fat.