

Preparations/Taco Spice

A: 3t paprika
1t ground cumin
1t ground oregano
2t red pepper
2t sugar
1t salt
1t flour

1. Mix (A). Combine with 2T minced onion and 1T minced garlic to make seasoning for one pound of meat (ground turkey, pork, chicken, TVP, tofu). This recipe can be scaled up to make in bulk, and kept in a spice cabinet.

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