

Taco Seasoning

Instead of buying packets of taco seasoning at the store, you can make your own with common spice cabinet ingredients. Not only does it cut down on cabinet clutter, it's less expensive, too. This tastes the same but without the telltale orange color. If you want that, add a little paprika. Use less salt for a low-sodium version. Measurements for a larger batch are in parentheses.

2 teaspoons minced onion flakes (4 tablespoons)

1 teaspoon salt (1½ tablespoons)

1 teaspoon chili powder (2 tablespoons)

½ teaspoon cornstarch (1 tablespoon)

½ teaspoon crushed red pepper flakes (1 tablespoon)

½ teaspoon garlic powder (1 tablespoon)

½ teaspoon ground cumin (1 tablespoon)

¼ teaspoon oregano (1 ½ tsp.)

Blend ingredients together in a small bowl. Makes 2 tablespoons, enough to season 1 pound of ground beef. Use it as you would a commercial packet of taco seasoning, by adding about ¼ cup water to the ground beef along with the seasoning.

— *Jennifer Graue*