

Taco Seasoning (Medium Heat)

1 1/2 tablespoons corn flour
3 teaspoons chili powder
1 1/2 teaspoons The Spice Hunter Chili Powder Blend
1 1/2 teaspoons dried onion
1/4 teaspoon garlic powder
1 teaspoon salt
1 teaspoon paprika
1 teaspoon cumin
1 teaspoon dried oregano
1/4 teaspoon sugar
~~1/4 teaspoon cayenne pepper~~ See note below

Mix all ingredients together.

This is enough for 1 to 1½ pounds of ground meat (I use ground turkey).

Once the meat is browned, I sprinkle the spice mix over top and stir in until it's fully incorporated. Then add a cup of water and continue to cook over a medium heat until the sauce is reduced and thickened. Serve with your favorite GF taco shells and other toppings.

This has a medium spiciness so if you want to bring it down omit the cayenne pepper.

I love The Spice Hunter Chili Powder Blend. Checked the website and it's GF. But, here's the link so you can read for yourself. Also, if you can't get it you can either omit it or adjust the recipe by adding ¼ teaspoon each of cocoa powder, cinnamon, and 1/8 teaspoon ground cloves.

*This amount of cayenne makes this taco seasoning very spicy. So, either omit it, substitute black pepper to taste, or use the cayenne sparingly—a pinch at a time—until it reaches the level of heat you desire.