

# Mexican Seasoning Mix

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Chili powder	8 ¼ oz	1 ¾ cups	2 lb 5 ½ oz	1 qt 3 cups	1. Combine all ingredients.
Ground cumin	5 oz	1 ½ cups	1 lb 6 oz	1 qt 1 ⅓ cups	
Paprika		¼ cup 3 Tbsp	7 oz	1 ¾ cups	
Onion powder		¼ cup 3 Tbsp	7 ½ oz	1 ¾ cups	2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

Nutrients Per Serving *					
Calories	49	Saturated Fat	0.32 g	Iron	4.35 mg
Protein	2.05 g	Cholesterol	0 mg	Calcium	70 mg
Carbohydrate	7.99 g	Vitamin A	3444 IU	Sodium	82 mg
Total Fat	2.41 g	Vitamin C	6.2 mg	Dietary Fiber	3.3 g
* Nutrients are based upon 2 Tbsp of mix.					