



Homemade Taco Seasoning

Ingredients:

- 2 Tbsp organic chili powder
- 1 Tbsp organic cumin
- 1 tsp organic paprika
- 1 tsp organic cinnamon
- 1/2 tsp organic garlic powder
- 1/2 tsp organic onion powder
- 1/2 tsp organic red pepper flakes
- 1/2 tsp organic oregano
- 2 tsp sea salt (to taste)
- 2 tsp organic pepper

Directions:

1. Combine all ingredients in a small bowl and mix well.
2. Store in a tightly closed glass jar.

Directions for Taco Meat: Use approximately 2-3 Tbsp taco seasoning mix for each pound of ground turkey (or beef). Add approx. 3/4 cup water to the meat with seasoning mixture and simmer. Adjust the amount of taco seasoning to your taste.

Directions for Taco Beans/ Lentils: Use approximately 1 Tbsp taco seasoning mix for each cup of beans. Use as is or add approx — 3/4 cup water to the beans and taco seasoning mixture.

Make Ahead Tip: My daughter Brooke will make a BIG batch so we have it on hand and ready to go. Use 1 1/3 - 2 cups for making 10 pounds of taco meat.

Ingredients (Bulk Recipe – 10 times):

- 1 1/3 cup organic chili powder
- 3/4 cup organic cumin
- 1/4 cup organic paprika
- 1/4 cup organic cinnamon
- 1/8 cup organic garlic powder
- 1/8 cup organic onion powder
- 1/8 cup organic red pepper flakes
- 1/8 cup organic oregano
- 1/3 cup sea salt (to taste)
- 1/3-1/2 cup organic pepper

The above recipe is compliant with Lori Kearney's 5-Day Whole Foods Cleanse. Want more detox-friendly recipes? Check out www.mindfulhealthwithlori.com/resources and scroll down to the recipes.

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Detox/ Cleanse:

www.mindfulhealthwithlori.com/5daydetox