

Taco Meat Seasoning

HolisticQ signature recipe

Ingredients: All Organic

This taco seasoning is spicy and moist. It is an excellent seasoning for many uses. Tacos, Nachos, Burritos, and even killer chili meat in a bowl. You will not purchase taco seasoning ever again!

Ingredients: All Organic

- 2 lbs. ground meat of choice
- 4 Tbsp. chili powder
- 2 Tbsp. cumin
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 Tbsp. salt
- 1 tsp. black pepper
- 1 tsp. paprika
- 1/2 tsp. nutmeg
- 1 15 oz. can black beans drained (optional)
- 1 15 oz. can tomatoes with green chilis

Make the meat!

Brown the meat in a heavy skillet and crumble to desired consistency. In a separate bowl, whisk all spices together and add to the browned meat. Mix well. Stir in the drained black beans and the tomatoes/ green chilis.