

Taco Seasoning

Skip the store bought packet and bring bold, south-of-the-border flavor to your kitchen with our easy to make Taco & Burrito Seasoning blend. Crafted from a savory mix of chili powder, cumin, garlic, paprika, and a hint of oregano, this all-in-one spice mix adds a smoky, slightly spicy kick to ground beef, chicken, beans, or veggies. Whether you're whipping up tacos, rolling a burrito, or spicing up rice and dips, this seasoning delivers authentic Mexican-style taste with every sprinkle.

For cooking one pound of protein
(*ground beef chicken or turkey*)

Makes 8-12 Tacos or 4-6 Burritos

Ingredients:

- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 tablespoon paprika (regular or smoked)
- 1 teaspoon granulated garlic or 1 garlic clove minced
- 1-1/2 teaspoons granulated onion or 1/2 small yellow onion diced
- 1 teaspoon dried oregano
- 1 teaspoon dried or fresh cilantro
- 1/2 teaspoon cayenne pepper (optional, for heat)
- 1 teaspoon Kosher or sea salt
- 1/2 teaspoon black pepper

Instructions:

1. In a small bowl, mix all the spices together until well combined.
2. To use: Add fresh onions (if using) and protein to pan. Cook and drain most of the fat. Add spices, mix into cooked protein, then add 1/4 cup of water. Simmer until thickened and the meat is fully coated.

How to Freeze Cooked Taco/Burrito Meat:

1. Cool the Meat Completely
Let the meat cool to room temperature before freezing. This prevents condensation and ice crystals which can affect texture.
2. Portion It Out
Divide the meat into meal-sized portions (e.g., 1–2 cups or 1/2 to 1 pound), depending on how much you typically use at a time.
3. Use Airtight Packaging
 - Place portions in freezer-safe bags (like zip-top freezer bags) or airtight containers.
 - Squeeze out as much air as possible to prevent freezer burn.
4. Label and Date
Mark each package with the contents and date. For example: *"Taco Meat – 5/10/25."*
5. Freeze Flat (if using bags)
Lay bags flat in the freezer. Once frozen, they can be stacked to save space.

Storage Time:

Cooked taco meat stays good in the freezer for up to 3 months for best quality.

To Reheat:

Thaw overnight in the fridge or reheat directly from frozen in a skillet over medium heat or in the microwave, stirring occasionally.