

Chili Spice Mix (gluten-free, sodium free)

- 1 c. chili powder
- 1/4 c. sugar
- 1/3 c. cumin
- 1/2 c. dried parsley
- 6 Tbsp. red pepper flakes
- 6 Tbsp. minced onion
- 6 Tbsp. garlic powder
- 2 Tbsp. dried basil
- 1 1/2 tsp. black pepper, ground
- 1 tsp. celery seed
- 1 tsp. cayenne pepper (*reduce or omit this ingredient if you do not like spicier foods, especially when making large batches*)

Mix spices together and stored in a sealed container in your pantry or cabinet. Add 2 Tbsp. per *uncooked* pound of ground beef, turkey, chicken, sausage or other meat of your choice. Brown the meat first, seasoning it with salt and pepper while it cooks. After the meat is well-browned, add the spice mix and distribute it throughout the meat. Add diced tomatoes or canned RoTel (tomato juice or water will work, as well) and beans, if desired. Simmer for at least 20-30 minutes, adding liquid as needed until you achieve the desired consistency for chili.

Taco Spice Mix (gluten-free, sodium free)

- 3/4 c. chili powder
- 1/4 c. + 2 Tbsp. cumin
- 2 Tbsp. paprika
- 2 Tbsp. minced onion
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 Tbsp. red pepper flakes
- 1 Tbsp. oregano
- 1 Tbsp. ground black or white pepper

Mix spices together and store in a sealed container in your pantry or cabinet. Add 2 ½ Tbsp. per *uncooked* pound of ground beef, turkey, chicken or the meat of your choice. Brown the meat first, seasoning it with salt and pepper while it cooks. After the meat is well-browned, add the spice mix and distribute it throughout the meat. Add diced tomatoes or canned RoTel to taste, if desired. You can also add tomato juice or water. Simmer for at least 15-20 minutes, adding liquid as needed until you achieve the desired consistency for tacos.