

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Low FODMAP Taco Seasoning

Equipment Needed:

- Choose: Small Mixing Bowl, Mortar & Pestle, Small Food Processor
- Kitchen Scale
- Measuring Cups & Spoons
- Whisk

Directions:

1). Gather all equipment & ingredients. Combine all ingredients in a small bowl and stir well. Alternately, you can combine in a mortar and pestle, or small food processor to incorporate everything really well. Place in an airtight container and store in a cool dry place for up to 1 year.

- **1/3 C. Chili Powder**
- **3 T. Ground Cumin**
- **2 T. Ground Turmeric**
- **2 t. Smoked Paprika**
- **2 T. Paprika**
- **1 t. Crushed Red Pepper Flakes (optional)**
- **2 T. Black Pepper**
- **3 T. Kosher Salt**
- **1 T. Low FODMAP Garlic Replacer (or 1 t. garlic powder)**
- **1/4 t. Low FODMAP Onion Replacer (or 1 t. onion powder)**
- **2 t. Dried Oregano**



**I like to save and wash any empty spice shakers to use for storage. You can also buy shakers on amazon or near the bulk spices at your local grocery store.*