



A Nutrition Resource

CHILI SEASONING MIX

Yield: 1 1/2 cups Seasoning Mix

Cost/Serving: \$0.08

Ingredients:

1/4 cup flour (white or whole wheat)

1/2 cup dried minced onion

1/2 cup chili powder

1 teaspoon garlic powder

2 teaspoons ground cumin

2 teaspoons red pepper flakes

Directions:

Combine all ingredients in a bowl or plastic bag. Mix well.



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