**Taco/ fajita seasoning**

Taco Tuesday is a weekly staple at my house. Really, who doesn't love tacos? But, unfortunately those seasoning mixes you find at the stores are filled with sugar, corn starch and who knows what else. I have tried making multiple homemade versions but have always ended up with seasoned beef rather than thick taco meat. That was until I discovered arrowroot powder. Ever heard of it? Arrowroot powder is a natural grain-free, gluten-free starch that can be used as a substitute for corn starch. Its what gives this taco mix that thick, rich texture I had been searching for. You can typically find arrowroot powder in the bulk bin section of your grocery store or down the baking aisle next to corn starch. The recipe below is enough to make a whole spice jar full of taco seasoning.

This spice mixture taste great on all meats and vegetables. I typically make it with ground elk meat ( thank you husband) and serve in lettuce cups with salsa and guacamole. Also, give it a try on top of some roasted sweet potatoes, the combination of sweet and spicy is absolutely delicious.

\*Save some money and get the amounts you need from the bulk bin section of your grocery store.

**Taco/ Fajita seasoning**

• 3 Tbs chili powder

• 2 Tbs granulated onion

• 2 Tbs granulated garlic

• 1 Tbs smoked paprika

• 1 tsp Cayenne pepper \*

• 2 Tbs dried oregano

• 1 Tbs salt

• 2 tsp black pepper

• 1 Tbs cumin

• 2 Tbs arrowroot powder

\* You can add more cayenne pepper if you like a spicier taco mix

**Instructions**

1 Mix all ingredients and store in an airtight container.

2 Use 2 Tbs seasoning for every pound of ground meat.

3 Brown meat in a skillet and then drain off excess fat

4 return meat to pan and add in seasoning mix an 1/3 cup of water

5 mix well and bring to a boil

6 Reduce heat ; simmer 3 to 5 minutes

7 Serve and ENJOY!