



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.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION