Kidney Wellness Hub

Mexican Spice Blend

Ready in: 5 minutes

Ingredients:

- 3 Tbsp onion powder
- 1 tbsp ground cumin
- 1 tbsp chili powder
- 1 ½ tsp ground cayenne pepper – or less for less heat
- 1 tsp garlic powder
- 1 tsp ground oregano

Instructions:

- 1. Mix all spices into a jar or bowl.
- 2. Store in an airtight container for use as needed

Tip:

 Use premade spice mix for chilis, cooked beans, soups, stews, rice dishes, meatballs and meatloaf



