



Eat Smart, Move More...  
Maintain, don't gain!

# HOLIDAY Challenge

## Chili Seasoning Mix

### Ingredients

- 1 ½ cups chili powder
- ¼ cup ground cumin
- 1 tbs crushed red pepper
- ¼ cup + 1 tbs dried minced onion
- ¼ cup dried oregano
- 2 tbs seasoning salt
- ¼ cup sugar
- ¼ cup dried minced garlic

### Directions

1. Mix all ingredients together.
2. Pour into airtight containers.
3. Use 1/3 cup seasoning mix per 2 quarts of chili. Add more to taste.

**Makes 3 cups**



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# Eat Smart