

## Taco Seasoning (for 2 pounds of meat)

- 1 onion, chopped
- 2 cloves, minced
- 2 teaspoons each of basil, oregano, paprika, cumin
- 1 Tablespoon chili powder
- 3 Tablespoons tomato paste
- ½ cup water

After cooking your hamburger meat (or chicken), add the onions and garlic. Let them cook through.

Add the herbs and spices and cook till they are fragrant, about 1 minute.

Mix the tomato paste with the water and pour it over the meat and seasonings. Cook till most of the water has evaporated.