

Non-Nightshade Mexican spices:

I mix up a big spice blend to keep in my pantry and use it for quick Nacho Nights at home. I generally buy a bottle of each (equal amounts of each one) and just dump them all into a large Tupperware container since I use it so often. Mix them thoroughly, of course. You can make a smaller batch to start (1 tsp each) and see if you want to tweak the ratios, especially the pepper and garlic (they can be halved if you prefer – I like them strong). Penzey's is my favorite place for high-quality spices.

Onion powder

Garlic powder

Cumin

Coriander

Mexican Oregano (optional)

To taste:

Salt

Black Pepper

If you want a thickener, arrowroot works nicely. I throw a handful of this into a skillet of a pound of grass-fed ground beef and it's amazing. Top your meal with fresh cilantro to really sell it!