

4-H Zoom Club Meeting #1



Taco Tuesday!



From your kit:

- Taco shells
- Taco seasoning
- Individual Spices: chili powder, salt, onion powder, garlic powder, oregano, paprika, cumin, coriander (if you have it at home)
- Ground beef



Wash your hands





Step 1: The Spices

- Open each spice individually.
- Use your senses to investigate each one.
- Smell. See. Taste.
- While we might not like each spice as an individual, when they work together, they create wonderful smells and tastes!
- Mix all spices together in a small bowl.
- Now investigate again!

Step 2: The store seasoning

- Pour half of the packet into a small bowl.
- Investigate this seasoning using your senses.
- Is it different than the one we made?
- How?



Cooking Time

- Brown your ground beef (with a parent nearby or with permission)
- Divide the beef into two portions when it's done.
- Add homemade seasoning to one portion and the store seasoning to the other portion

Which do you prefer?



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Measurements

- 6 tsp per ounce.
- = 12 tsp per container
- Divide the cost by the number or portions.
- $1/12 = \$0.08$ per spice per recipe.



Homemade: Each spice ~\$1 per 2 ounces bottle= .56

- Chili powder= 3 tsp = \$0.24
- Onion powder= 1/2 tsp= \$0.04
- Garlic powder 1/2 tsp= \$0.04
- Salt*
- Oregano= 1/2 tsp= \$0.04
- Paprika= 1/2 tsp= \$0.04
- Cumin= 2 tsp= \$0.16
- Coriander*- a bit more expensive

Cost comparison

Store bought

- \$0.44 per packet

What other uses can the seasonings be used for?



