



FIND MORE RECIPES AT THE NBPL!

Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at
Bins and Bins
at 107 Shirreff Ave.,
North Bay, ON.

bins & bins 

Tell them the NBPL
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Receive 10% off your
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Bins when you
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northbaypublib@gmail.com.



Spice Club

OCTOBER
2024:
TACO
SEASONING



THIS MONTH'S SPICE: TACO SEASONING

EASY TACO SOUP

INGREDIENTS

- 1/4 tablespoon olive oil
- 1 pound ground beef
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 Tbsp taco seasoning
- 1/2 cup green pepper, diced
- 1 cup beef broth
- 3/4 cups frozen corn
- 1/2 or 1 can black beans, drained and rinsed
- 1/2 or 1 can pinto beans, drained and rinsed
- 15 ounces (1 can) tomato sauce
- 10 ounces (1 can) Rotel tomatoes
- 4 ounces green chilies, optional
- 1 cup water, optional

Serves 4

INSTRUCTIONS:

- In a large pot or Dutch oven, drizzle the olive oil and brown the ground beef along with the diced onions until no pink remains in the meat. Drain off any excess fat.
- Add the garlic and taco seasoning and stir for one minute.
- Add the rest of the ingredients to the soup pot and bring to a boil. Depending on how thick you like your soup, you can add 1 cup of water to the soup.
- Once it comes to a boil reduce heat and simmer for 25 to 30 minutes.
- Serve with your favorite toppings.

This month's recipe is from
www.spaceshipsandlaserbeams.com

DID YOU KNOW?

While it's hard to pin down exactly who "invented" the blend of spices that we know as taco seasoning, it is commonly cited that a German immigrant named Willie Gebhardt invented dried chili powder in Texas in 1894.

This opened the door for others to be able to dry ingredients and create blends to sell on grocery store shelves everywhere. Many name brand companies have developed their own recipes over the years, leading to a wide variety of taco seasoning choices.

Sources:

<https://www.atlasobscura.com/articles/the-texan-who-invented-chili-powder-also-accidentally-created-the-hardshell-american-taco>

<https://sporked.com/article/what-is-in-taco-seasoning/>

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