



A Nutrition Resource

EATING SMART SEASONING MIX

Yield: 2 1/2 cups

Cost/Serving: \$0.19

Ingredients:

- 1 1/4 teaspoons black pepper
- 1 Tablespoon garlic powder
- 2 Tablespoons dried parsley flakes
- 3/4 cup dried, minced onion
- 2 cups dry milk

Directions:

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Mix together all ingredients in a small bowl.
- 3) Store in an airtight container.
- 4) Use in the Chili Tomato Beefy Macaroni and Beef and Potatoes recipes as indicated.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.



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