

## **Eating Smart Seasoning Mix**

Makes: 2 ½ cups

Preparation Time: 10 minutes

## **Ingredients**

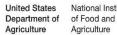
1 1/4 teaspoons black pepper 1 tablespoon garlic powder 2 tablespoons dried parsley flakes 34 cup dried, minced onion 2 cups dry milk

## **Directions**

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

This *Eating Smart Seasoning Mix* is used in two recipes in the *Eating Smart* • *Being Active* Let's Cook! cookbook. Store the mix in a sealable plastic bag or container in a cabinet with other spices until ready to use.





National Institute Agriculture

