



EATING SMART  
BEING ACTIVE

## Eating Smart Seasoning Mix

Makes: 2 ½ cups

Preparation Time: 10 minutes

### **Ingredients**

- 1 ¼ teaspoons black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- ¾ 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 *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.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Go Lean with Protein*