



## Adobo Spice Blend

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Adobo Spice Blend is a flavorful and colorful spice mix popular in Southwestern, Latin American, Caribbean, and Filipino cuisines. This homemade dry blend is versatile for cooking and avoids additives found in store-bought versions. It combines chili powder, garlic, cumin, oregano, onion powder, black pepper, paprika, and salt for a vibrant and tasty seasoning.

Servings: 1

PREP TIME  
5 MIN

TOTAL TIME  
5 MIN

### Ingredients

1 teaspoon chile powder  
1 teaspoon garlic powder  
1 1/2 teaspoons cumin  
1 1/2 teaspoons dried oregano  
1 1/2 teaspoons onion powder  
2 teaspoons black pepper  
1 tablespoon paprika  
2 tablespoons salt

### Nutrition

Calories 70, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 12705mg, Total Carbohydrates 14g, Dietary Fiber 5g, Sugar 1g, Protein 3g, Vitamin A 3501IU, Vitamin C 5mg, Calcium 120mg, Iron 5mg, Phosphorous 72mg, Potassium 377mg

### Cooking instructions

1. Gather all ingredients and equipment.  
CCP: Wash your hands with warm water and soap for at least 20 seconds  
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Whisk all of the ingredients together in a bowl.
3. Use as needed in parent recipes. (use for sub recipes)

### Serving instructions

Total recipe yields 1 cup.

### Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 9.10.25. Nutrition Facts reflect the amount of the entire recipe.

### Equipment

bowl, whisk

### Tags

asian, october collection, whisk, bowl, southwest/tex-mex, pestoforpennies.com, sub recipe, latin, caribbean, filipino