



## All-Purpose Seasoning Blend

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This all-purpose seasoning blend is the perfect mix of spices that all home cooks should have on hand. Made with everyday spices, this will elevate any meat, seafood, or vegetable recipe.

Servings: 1

PREP TIME

5 MIN

TOTAL TIME

5 MIN

### Ingredients

2 tablespoons salt  
1 tablespoon garlic powder  
1 tablespoon onion powder  
2 teaspoons black pepper  
2 teaspoons dried oregano  
2 teaspoons paprika  
 $\frac{1}{4}$  teaspoon cayenne pepper

### Nutrition

Calories 87, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 0g, Cholesterol 0mg, Sodium 12704mg, Total Carbohydrates 19g, Dietary Fiber 5g, Sugar 1g, Protein 3g, Vitamin A 2505IU, Vitamin C 2mg, Calcium 116mg, Iron 3mg, Phosphorous 88mg, Potassium 388mg

### 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. Combine all ingredients together in a bowl.
3. Use as needed in parent recipes.

### Serving instructions

Total recipe yields 6 tablespoons.

### Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 4.17.25. Nutrition Facts reflect the amount of the entire recipe.

### Equipment

bowl

### Tags

june collection, bowl, my forking life.com, sub recipe