



Soul Food Seasoning
allrecipes.com

Keep this easy homemade seasoning mix on hand for any recipes that need a special jolt of 'soul food' flavor.

Servings: 1

PREP TIME
5 MIN

TOTAL TIME
5 MIN

Ingredients

- 2 tablespoons ground black pepper
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons dark chili powder
- 1 tablespoon paprika
- 1 tablespoon salt
- 1 teaspoon dried thyme
- 1 teaspoon ground celery seed
- 1 teaspoon dried parsley
- 1/8 teaspoon cayenne pepper

Nutrition

Calories 220, Total Fat 4g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated Fat 1g, Cholesterol 0mg, Sodium 6841mg, Total Carbohydrates 46g, Dietary Fiber 15g, Sugar 3g, Protein 9g, Vitamin A 8360IU, Vitamin C 5mg, Calcium 262mg, Iron 9mg, Phosphorous 230mg, Potassium 1059mg

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 11 tablespoons.

Allergens

celery

Equipment

bowl

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 1.8.25. Nutrition Facts reflect the amount of the entire recipe.

Tags

february collection, bowl, southern/soul food, sub recipe, parent recipe, allrecipes