



Soulful Seasoning

Add flavor to soups, stews, and side dishes with this savory seasoning.



INGREDIENTS

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 2 teaspoon ground thyme

PREPARATION

1. Mix all ingredients together to make $\frac{3}{4}$ cup seasoning.
2. Store in an airtight container and use in place of seasoning salts.

See the following recipes that use Soulful Seasoning:

Dirty Rice and Blackeye Peas on page 32

Sautéed Okra with Onions and Tomatoes on page 39

Catfish Stew on page 41

Oven Fried Catfish with Stir-Fry Greens on page 46

Makes 12 servings. *1 tablespoon per serving.*

Prep time: 5 minutes

Nutrition information per serving: Calories 0, Carbohydrate 0 g,
Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg