



## 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.