EATING SMART SEASONING MIX

SERVES: 2 ½ cups
PREP 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

STEPS:

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.