



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

MORE SPICE BLENDS

Time: 5 minutes

Ingredients for Bold Beef Blend:

15g black pepper
10g sugar
10g onion powder
10g garlic powder
5g mustard powder
5g Mexican chili powder

Ingredients for S&G Poultry Blend:

10g dried sage
10g sugar
5g dried parsley
5g dried rosemary
5g dried thyme
5g dried oregano
5g dried basil
5g black pepper
3g bay leaf

Preparation:

Place all ingredients in a spice blender/coffee grinder and blend until fine.