

RECIPE



Mexican seasoning is a bold and zesty blend of spices that brings the vibrant flavors of Mexican cuisine to life. Perfect for adding warmth and spice to meats, beans, vegetables, and more.

Mexican Seasoning

Yield: 1 – small portion

Ingredients

- 1 Tbsp. chili powder
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- 1 tsp. crushed red pepper flakes
- 1 tsp. dried oregano
- 1 Tbsp. smoked paprika
- 1 Tbsp. ground cumin
- 1 tsp. allspice
- ½ tsp. ground cinnamon
- ½ tsp. ground cloves

Instructions:

In a small bowl, combine all ingredients.

Mix well with a spoon or whisk until evenly blended.

Store in an airtight glass jar away from direct sunlight.

Use 1–2 teaspoons to season meats, grains, vegetables, or beans.

Yours to Artful Eating,

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Health Benefits of this Recipe:

- Chili Powder: Stimulates metabolism, promotes circulation, and supports pain relief via capsaicin.
- Garlic Powder: Supports heart health, lowers cholesterol, and strengthens the immune system.
- Onion Powder: Contains antioxidants and prebiotics that support gut and immune health.
- Red Pepper Flakes: Boosts metabolism and helps reduce inflammation.
- Oregano: Strong antimicrobial and antiviral properties; supports digestion and immune function.
- Smoked Paprika: Rich in antioxidants (especially vitamin A); adds anti-inflammatory benefits.
- Cumin: Enhances digestion, supports detoxification, and has antimicrobial effects.
- Allspice: Offers anti-inflammatory and digestive support and may help regulate blood sugar.
- Cinnamon: Balances blood sugar, improves circulation, and is loaded with antioxidants.
- Cloves: Potent antimicrobial and antioxidant; also supports liver health and digestion.

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