

RECIPE



This homemade vegetable seasoning blend is a flavorful and versatile mix that adds depth and brightness to any dish. It's perfect for roasting, sautéing, or sprinkling over cooked grains, beans, and proteins.

Seasoning Mix for Vegetables

Yield: 1 – small portion

Ingredients

- 1 Tbsp. whole white peppercorns
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ Tbsp. dried parsley
- ½ Tbsp. whole dill seeds
- 1 tsp. whole black mustard seeds
- ½ Tbsp. whole celery seeds
- ½ Tbsp. crushed red pepper flakes
- ½ Tbsp. dried lemon peel

Instructions:

Grind all ingredients together.

Store in an airtight glass jar, away from direct sunlight.

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



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Health Benefits of this Recipe:

- Making your own seasoning at home ensures a healthier and safer option compared to many store-bought blends.
- This mix is free from harsh chemicals, preservatives, and anti-caking agents often found in commercial products.
- The herbs and spices used also support digestion, reduce inflammation, and provide antioxidant benefits.

Yours to Artful Eating,

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