

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Spice Blends

Taco Seasoning:

Yield: scant 1/2 cup

Not just for tacos but use for fajitas, tortilla soup and chili!

Stir together and store in air-tight container for up to six months:

2 TBSP. Chili Powder

2 tsp. cumin

2 tsp. smoked paprika (if you do not have smoked, then just use whatever paprika you have on hand, no biggie!)

2 tsp. cornstarch

1 tsp. dried oregano

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. salt

1 tsp. ground black pepper

1/4 tsp. cayenne pepper



Italian Seasoning

Yield: scant 1/2 cup

Put this on anything and everything in addition to your "Sunday Gravy" - fish, chicken, potatoes, garlic bread, even an omelet for breakfast!

Stir together and store in air-tight container for up to six months:

2 TBSP dried basil

2 TBSP. dried oregano

1 tsp. dried rosemary, crumbled

1 tsp. garlic powder

1/2 tsp. onion powder

1/2 tsp. crushed red pepper flakes

1/2 tsp. dried thyme

1/2 tsp. dried marjoram

1/4 tsp. salt



Compliments of Eat Your Heart Out Edibles

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