



Italian Seasoning

Servings 4 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Small container with lid

Utensils:

Measuring spoons

Ingredients

- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 tablespoon ground thyme

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Combine all spices in a small container with a lid. Cover with lid and shake thoroughly to blend.
3. Use 1 tablespoon of Italian seasoning per pound of meat or 24 ounces of sauce.

Nutritional Information:

Calories 10 Total Fat 0g Sodium 0mg Total Carbs 2g Protein 0g