



# Italian Seasoning

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

**Equipment:** Small container with lid,  
measuring spoons

**Utensils:** None

## Ingredients

- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 tablespoon dried 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