

# Homemade Adobo Spice Mixture

Annie Morgan  
Yield: About  $\frac{3}{4}$  cup  
Time: 1 minute

## Ingredients

3 tablespoons of granulated garlic  
2 tablespoons of oregano  
1 tablespoons of black pepper  
1 tablespoons of turmeric  
1 tablespoons of onion powder  
2 tablespoons of salt (optional)

## Directions

- ✦ Combine all ingredients in a bowl and mix well. Store in an airtight glass container.
- ✦ If a recipe calls for one packet of adobo, use 1 teaspoon of this homemade mixture.
- ✦ Store up to 6 months. Recipe may be doubled if used often.

## Why Make Your Own Spice Mixture?

Many packaged mixes contain excessive sodium, which may be harmful to your health, and Monosodium Glutamate (MSG), an ingredient which may trigger complex unpleasant reactions. This seasoning mix is simple to make at home without sodium and MSG. These sauces and seasonings are great to make in bulk quantity so that you don't have to take the time to make them that often and can use them whenever you'd like. They are also great to use to season beef, fish, chicken or beans.