

# Blackened Seasoning

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Delicious on salmon or chicken! Adapted from Recipes from a Pantry

- 3 tablespoons smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon sea salt flakes or to taste
- $\frac{1}{2}$  – 2 teaspoons cayenne pepper depending on how spicy you like it

1. Measure out all the ingredients into a mixing bowl.
2. Next, mix with a dry spatula or whisk.
3. Then transfer the seasoning into an airtight spice jar or a mason jar (if you make a large quantity).

Seasonings  
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