

FourMonstersPaleo

# Cajun Spice Mix



Prep time **5-10 minutes**

Cook time **none**

Yield **scant ½ cup, perfect for 4 oz mason jar**

Special tools needed **mortar and pestle or spice grinder, if preferred.**

## Notes:

For a finer mixture, blitz the oregano, thyme, and black pepper together in a spice grinder before combining with the other ingredients.

For best results, use onion powder, not granulated onion. Onion powder is cream-colored and looks like powdered sugar.

## Ingredients

- 1 T dried oregano
- 2 tsp dried thyme
- 30 cranks black pepper
- 1 T paprika, smoked or sweet is ok
- 2 T garlic powder or granulated garlic
- 2 T onion powder
- 1 tsp cayenne

## Preparation

1. **Crush oregano, thyme, and black pepper together with a mortar and pestle or spice grinder.** Transfer to a small bowl and stir in remaining ingredients (this can be done with the mortar and pestle if using). Alternatively, use a mini food processor or simply stir everything together in a small bowl.
2. **Transfer mixture to a 4oz mason jar** or airtight container of your choice and store at room temperature for up to 6 months, preferably in a dark cabinet or drawer.