

Hispanic Spice Blend

COMMON HERBS AND SPICES

Basil
Cayenne Pepper
Chicken Bouillon
Chili Powder
Cumin
Garlic Powder
Ground Cumin
Nutmeg
Onion Powder
Dried Oregano
Paprika Powder
Sage
Thyme

ADOBO BLEND

- 1 teaspoon kosher salt
- 1 tablespoon Spanish paprika
- 2 teaspoons black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- ½ teaspoon cumin

Combine and use in soups, stews, & marinades. Place any leftovers in a jar and store in a cool, dry place.

Prepared by Rhode Island Community Food Bank's
Healthy Habits, Eating Well on a Budget Program March, 2021. Contact: Melissa Furtado,
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Mezcla de Especies Hispanas

HIERBAS Y ESPECIAS COMUNES

Albahaca
Pimiento de cayena
Boullion pollo
Chile en polvo
Cumino en polvo
Polvo de ajo
Comino molido
Nuez moscada
Cebolla en polvo
Orégano
Polvo de pimentón
Salvia
Tomillo

ADOBO

- 1 teaspoon kosher salt
- 1 tablespoon Spanish paprika
- 2 teaspoons black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- ½ teaspoon cumín

Combine y use en sopas, guisos y adobos. Dejarlo en un local seco y fresco.

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