

Shawarma Spice Blend



This spice blend works well for seasoning meats like beef, pork, and poultry, and it can also be used on hearty vegetables like cauliflower, potatoes, or roasted chickpeas!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

2 Tbsp	Parsley, dried
2 tsp	Smoked Paprika
1 tsp	Coriander, ground
1 tsp	Cumin, ground
1 tsp	Garlic Powder
½ tsp	Cinnamon, ground
½ tsp	Turmeric, ground
½ tsp	Black Pepper, ground

CHEF'S NOTES

To use this blend as a marinade for meat or poultry, combine 1 Tbsp of the spice blend with 1 Tbsp olive oil, and 1 Tbsp vinegar. Coat the meat with marinade and let sit in the refrigerator for a minimum of 10-20 minutes for chicken. Allow 1 to 24 hours for pork tenderloin or beef. Use a zip top bag for easy cleanup!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine all ingredients in a small bowl or jar and mix well.
3. Use immediately or store in an air-tight container with a lid for 3 – 6 months.

Nutrition Facts

4 servings per container

Serving Size 1 Tbsp (4 g)

Amount per serving

Calories 10

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 0%

Dietary Fiber less than 1g 2%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.48mg 3%

Potassium 47mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food "Shawarma Spice," (11/28/19)



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