

Sausage seasoning

(This is for 1 pound of meat)

1 1/2 teaspoons salt

3 1/2 teaspoons paprika

2/3 teaspoon garlic granules or 2/3 teaspoon garlic powder

1/3 teaspoon fennel seed

1 teaspoon ground black pepper

1/4 teaspoon crushed red pepper flakes, for spicy (optional)

Directions 1 Blend all ingredients together in a spice grinder or mini-food processor (or you may also just stir together if you like some chunkier bits of fennel in your sausage). 2 Store in an airtight container until ready to use. 3 To use, mix with 1 pound ground meat. 4 Chill seasoned meat 3 hours before using. 5 Or you may also use this in any recipe calling for sausage seasoning.