

## Jamaican Jerk Seasoning Blend

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### Ingredients:

2 tsp ground allspice  
1 tsp cinnamon  
1 TBSP brown sugar  
3/4 tsp red pepper flakes  
1/4 tsp cumin  
1 1/2 tsp salt  
1 tsp pepper  
2 TBSP dried onion flakes  
2 tsp dried thyme leaves  
1/2 tsp paprika

### Directions:

\*Gently whisk together all ingredients. Store, covered tightly, in a container.  
\*Use as a dry rub on pork or fish, mix it with vegetable oil to marinate chicken or add to soups or chowders.