



www.plantempoweredwellness.com

Plant-Based Chicken-Style Seasoning Blend

Once you discover the versatility of nutritional yeast, it opens a whole new world of possibilities. Use it as a base for soups, like I show here. Stir into mashed potatoes, sprinkle on hashbrowns, or use in bean dishes. Once you try this, you'll want to store it in a convenient location in your kitchen because it will become your go-to seasoning.

- 1 cup nutritional yeast flakes (I buy mine at Trader Joes), it's also available in the bulk section of many grocery stores
- 2 Tbsp onion powder
- 1 tsp garlic powder
- 1 Tbsp salt free Mrs. Dash or similar type of seasoning
- 2 Tbsp dried parsley
- 1 1/2 tsp celery salt
- 1/2 tsp paprika
- 1/2 tsp savory or thyme
- 1/2 tsp sage
- 1/4 tsp turmeric

Instructions:

Measure all ingredients into a blender or food processor. Pulse or blend into a fine powder. Use as a dry seasoning or dissolve 1 heaping tablespoon onto 1 cup of water for chicken-style broth, as shown in the photo.

