

Wholesome Recipes

from the *Amazing Wheat Book*
by LeArta Moulton



Sloppy Joe Seasoning Mix

8 T instant minced onion
3 T green pepper flakes
3 T salt
3 T cornstarch
1 T instant minced garlic
2 tsp dry mustard
2 tsp celery seeds
2 tsp chili powder

Mix together and store in labeled container.

Makes about 1 cup