

Homemade Cajun Seasoning

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-cajun-seasoning-recipe>

Ingredients:

- 2 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon sea salt
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon dried oregano
- 1 tablespoon cayenne pepper
- 1 tablespoon thyme
- 1 teaspoon cumin
- 1 teaspoon marjoram
- 1 teaspoon basil
- 4 fillets or about 1-1/2 pounds fish
- 2 tablespoons Cajun seasoning see recipe, above
- 1 teaspoon sea salt
- 1/2 cup cornmeal stone-ground or sprouted
- 4 tablespoons bacon drippings lard, or butter, we like bacon drippings!
- lemon wedges for serving

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 15 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 4 grams
7. SaturatedFat: 7 grams
8. Sodium: 2450 milligrams
9. Sugar: 1 grams

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