

Fennel & Fire

America's Artisan Spice & Tea Company

#1 Best Seller

Organic

VEGGIE

All Purpose

Heaven

No MSG
No Additives
No Preservatives
No Fillers
No Anti-caking
Gluten-free

Arkansas
MADE

Veggie Heaven is one of the most versatile, all natural, organic spice blends.

Easy Rustic Potatoes - potato+oil+Veggie Heaven +roast at 350 'til tender

Naan Bread - oil +Veggie Heaven + bake or broil

Hummus - hummus+ Veggie Heaven +Stir

Chicken - chicken+Veggie Heaven +bake or saute

Scrambled Eggs - whisk in eggs+ Veggie Heaven + saute

Omelet - sprinkle on before folding

Salads - sprinkle on or mix in the dressing

Zucchini - oil+Veggie Heaven +saute or grill.

Baked Potato - sprinkle on potato or on top/in sour cream

Tomatoes - sliced tomatoe+Veggie Heaven sprinkle on top

Easy Fresh Tomato Salad - see on fennelandfire.com recipe page

Chickpeas - cooked chickpeas+Veggie Heaven sprinkle on top

Mac & Cheese - cooked Mac & Cheese with Veggie Heaven sprinkle on top

Couscous - cooked couscous with Veggie Heaven sprinkled on top or in

Dips - dip base + Veggie Heaven mixed in or on top

Rice - cooked rice+veggie heaven sprinkled on top

Salad Dressing - in a mason jar + oil +vinegar or lemon juice +Veggie Heaven + shake to combine

Corn on the Cob - cooked corn+butter + Veggie Heaven sprinkled on

Shrimp - oil, +Veggie Heaven+toss + saute or grill

Compound Butter - butter+Veggie Heaven+ mix to combine

Sauces - sauce +Veggie Heaven at the end of simmering

Chicken or Tuna Salad - mayonnaise + veggie heaven + tabasco+lemon juice=mix to combine+chicken or tuna +other ingredients

Tilapia, Sword Fish - Oil + Veggie Heaven + saute

Crab Cakes - crabcake mixture+Veggie Heaven+mix to combine or sprinkle once cakes are made.

Trout - trout+ cook+finish with Veggie Heaven

Poached Egg - egg+poach+sprinkle with Veggie Heaven

Roasted Mixed Nuts - Oil+ Veggie Heaven +bake

Italian Bread - Oil or butter+Veggie Heaven + bake

Quinoa - quinoa+ cook+Veggie Heaven

Lentils - lentils+cook+Veggie Heaven

Breading - bread crumbs or Panko + Veggie Heaven+ mix+coating meats, fish or vegetables +cook

Popcorn - popcorn + while hot spritz with flavored garlic oil + sprinkle with Veggie Heaven

Sauteed or Roasted Vegetables - Vegetables + oil+ roast +sprinkle Veggie Heaven on last 5 min of cooking

www.FennelandFire.com