



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:

631 477-0138

www.TheHellenic.com

Italian Stallion

An excellent Italian-style seasoning

¼ tsp [organic crushed red pepper flakes](#)

½ tsp [organic ground black pepper](#)

1 tsp [organic oregano](#)

2 tsp [organic basil](#)

4 cloves [organic garlic](#)

3 organic [bay leaves](#)

For preparation instruction, watch the video on YouTube:

Watch the video on YouTube:

[chicken with peppers & onions](#)

<https://Youtube.com/AwareHouseChef>

DISCLAIMER: This PDF contains affiliate links, which means that if you click on one of the product links, I'll receive a small commission. Product links are affiliate links and won't cost you anything extra. This helps support this channel. Thank you for the support!