



## *Ground Cumin*

**W**hat is it about Blue Mountain Valley cumin that makes this spice so unique? Its very distinctive flavor is described as slightly bitter and warm, with strong, earthy notes. A quick whiff of cumin and you instantly know its identity. Did you know that cumin is among the top 10 selling spices in the U.S? That's not so surprising if you think about how important cumin is to some of our favorite flavors, like taco seasoning, chili powder and other Mexican and South-west-inspired dishes. Cumin is also an essential ingredient in virtually every global cuisine, particularly the more trendy foods of North Africa, India and the Middle East.



**680877 6/16 oz.**

### **Uses/Recipe Ideas**

- ◆ hummus, chicken, dips/spreads, appetizer seasoning
- ◆ add to cabbage, tomato sauce, curry dishes, beef stew, meat loaf, Mexican-style baked eggs, and marinades for shish kebab and wild game.
- ◆ use to season Mexican-style rice, tacos, enchiladas, chili, tomato sauce and beef stew.
- ◆ for extra flavor add 1/2 tsp. to 1 cup salsa or 1/2 cup fajita marinade.
- ◆ stir 1/2 tsp. into 4 cups black bean, lentil or chicken soups.