Italian Sausage Seasoning Recipe

Make your own Italian sausage at home with this homemade italian sausage seasoning recipe. Add these savory spices to turkey, pork or beef.

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

★★★★★

4.71 from 424 votes

Course: Main Dish   Cuisine: American, Italian

Keyword: easy spice mix, homemade seasoning mix, how to make italian sausage seasoning

Servings: 8   Calories: 292kcal   Author: Julie Clark

Ingredients

- 2 teaspoons dried parsley
- 2 teaspoons Italian seasoning
- 1 1/2 teaspoons black pepper
- 1/2 teaspoon fennel seed (we use whole, but you can crush the 1/2 teaspoon of whole seeds if you'd like)
- 1/2 teaspoon paprika
- 1 teaspoon red pepper flakes
- 2 teaspoons salt
- 1 tablespoon minced garlic (we use fresh if not making a big batch)
- 1 teaspoon minced onions (we use fresh if not making a big batch)
- 2 pounds ground beef (or turkey, chicken or pork)

Instructions

1. In a small bowl, combine all of the seasonings. Add the seasonings to 2 pounds of ground beef. Brown or cook as desired in a large skillet.
2. Store any leftovers in the refrigerator in an airtight container.

Notes

*If you'd like, you can use all dried seasonings and make up a big batch of seasoning to store in your pantry. Be sure not to use fresh onion and garlic if you do this. Use all dried seasonings (same amounts).

Nutrition

Calories: 292kcal | Carbohydrates: 1g | Protein: 19g | Fat: 22g | Saturated Fat: 8g | Cholesterol: 80mg | Sodium: 662mg | Potassium: 322mg | Vitamin A: 145IU | Vitamin C: 0.3mg | Calcium: 32mg | Iron: 2.5mg