

Beverages

Bloody Mary Mix

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2 quarts vegetable juice cocktail
4 tablespoons Glory Foods Louisiana-Style Hot sauce
4 tablespoons Worcestershire sauce
1 tablespoon lemon juice
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon ground black pepper
1/2 teaspoon seasoning salt

In a bowl, combine all of the ingredients.

Whisk until well blended.

If you like your Bloody Mary a little hotter, add more hot sauce and pepper to taste.

Yield: 8 to 10 one-cup servings

Per Serving (excluding unknown items): 425 Calories; 2g Fat (3.2% calories from fat); 14g Protein; 101g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 5816mg Sodium. Exchanges: 0 Grain(Starch); 2265 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.