



Cajun Marinade

Yields 1 Cup

Ingredients:

1/2 Cup Oil (We use Fresh Garlic Olive Oil)

1 Tbsp Lemon Juice

1/2 Cup Ketchup

1 Tbsp Jazzy Cajun Seasoning

4-6 Cloves, Finely Minced Garlic (Substitute: Garlic Paste)

Directions:

Mix all ingredients, pour over meat (Chicken/Pork are our favorites) and let stand in refrigerator 4-6hrs or overnight.

Grill, Bake or Pan Sear and Enjoy!