



## Ingredients

- 1 whole cut up chicken or preferred cuts (about 2-3 lbs.)
- 1 tsp. all-purpose seasoning or salt free season with sea salt to taste
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Mushroom / 1 teaspoon umami (optional)
- ½ cup - 1 cup jerk paste

## Directions

1. Clean and prep chicken to be seasoned
2. Take a fork and poke holes in the chicken
3. Season chicken with onion and garlic, pepper, all-purpose and umami if using
4. Then add jerk sauce and rub into the meat.
5. Let it marinate at least 2 hours or overnight
6. Bake at 350 degrees 45 to 55 minutes until done.