



Make Your Own Spice Blends!

Taco Seasoning

- 3 TB onion powder
- 2 TB ground cumin
- 1½ tsps chili powder
- ½ tsp cayenne
- 1 tsp garlic powder

Italian Seasoning

- 2 TB garlic powder
- 1 TB parsley
- 1 TB basil
- 1 TB oregano
- ½ tsp black pepper
- ½ tsp thyme
- 2 tsps onion powder

Curry Seasoning

- 2 TB cumin powder
- 2 TB ground coriander
- 2 TB turmeric
- 1½ tsps ground cardamom

Ranch Seasoning

- 2 TB dried parsley
- 2 TB dried chives
- 1 TB dill
- 1 TB garlic powder
- 1 TB onion powder
- 1 TB onion flakes
- 1 TB celery salt
- 1 tsp black pepper

Adobo Seasoning

- 1 tsp salt
- 3 TB onion powder
- 3 TB garlic powder
- 3 TB black pepper
- 2 TB oregano

Soul Food Seasoning

- 3 TB onion powder
- 3 TB garlic powder
- 2 tsp cayenne pepper
- 1 TB chili powder
- 1 TB paprika
- 1 tsp black pepper
- 1 tsp thyme



Seasoning

How to use it

Taco Seasoning

- Ground beef, turkey, chicken, or pork
- Chicken breast
- Shrimp, fish

Italian Seasoning

- Homemade pizza, spaghetti sauce, or meatballs
- Chicken breast, pork loin
- Roasted tomatoes, potatoes, or mixed vegetables
- Marinades and dressings

Curry Seasoning

- Soups and stews
- Rice, beans, and vegetables
- Chicken salad

Ranch Seasoning

- Yogurt dips
- Pasta salad
- Chicken
- Shrimp
- Ranch Dressing
- Trail Mix

Adobo Seasoning

- Chicken, pork, beef, seafood
- Marinades, dressings
- Stews, sauces, beans, baked potatoes
- Roasted vegetables

Soul Food Seasoning

- Chicken, pork, beef, seafood
- Roasted potatoes and vegetables
- Soups and stews