

Make Your Own Spice Blends!

Taco Seasoning

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

Italian Seasoning

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

Curry Seasoning

- 2 TB cumin powder
- 2 TB ground coriander
- 2 TB turmeric
- 1 ½ 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

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

Soul Food Seasoning

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



Seasoning	How to Use it
Taco Seasoning	<ul style="list-style-type: none"> • Ground or shredded beef, turkey, chicken, or pork • Shrimp and fish
Italian Seasoning	<ul style="list-style-type: none"> • Homemade pizza, spaghetti sauce, or meatballs • Chicken, pork loin • Roasted tomatoes, potatoes, or mixed vegetables • Marinades and dressings
Curry Seasoning	<ul style="list-style-type: none"> • Soups and stews • Rice, beans, and vegetables • Chicken and tuna salad
Ranch Seasoning	<ul style="list-style-type: none"> • Yogurt dips • Pasta salad • Chicken • Shrimp • Ranch Dressing • Trail Mix
Adobo Seasoning	<ul style="list-style-type: none"> • Chicken, pork, beef, seafood • Marinades, dressings • Stews, sauces, beans, baked potatoes • Roasted vegetables
Soul Food Seasoning	<ul style="list-style-type: none"> • Chicken, pork, beef, seafood • Roasted potatoes and vegetables • Soups and stews