**Make Your Own Spice Blends!**

**Taco Seasoning**

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

How to use Taco Seasoning:

* Ground or shredded beef, turkey, chicken, or pork
* Shrimp and fish

**Italian Seasoning**

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

How to use Italian Seasoning:

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

**Curry Seasoning**

* 2 TB cumin powder
* 2 TB ground coriander
* 2 TB turmeric
* 1 ½ tsp ground cardamom

How to use Curry Seasoning:

* Soups and stews
* Rice, beans, and vegetables
* Chicken and tuna salad

**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

How to use Ranch Seasoning:

* Yogurt dips
* Pasta salad
* Chicken
* Shrimp
* Ranch dressing
* Trail mix

**Adobo Seasoning**

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

How to use Adobo Seasoning

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

**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

How to use Soul Food Seasoning

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

1-800-942-1007