

Savory Seasoning Combinations

1 part equals 1 teaspoon
1/2 part equals 1/2 teaspoon

Vegetables, Meat and Poultry

1-part marjoram
1/2 part thyme
1-part sweet basil
1/2 part sage
1-part parsley

Italian Herb (for salads and sauces)

Equal parts...

oregano
sweet basil
rosemary
sage
marjoram

Cajun Spice (for spicy dishes)

1 part paprika
1-part turmeric
1/2 part cayenne pepper
1-part cumin
1/4 part black pepper

Chinese Five-Spice (for Asian dishes)

Equal parts...

anis
fennel
white pepper
cloves
cinnamon

Mexican Blend

2 Tbs. paprika
2 Tbs. chili powder (no salt added)
1 1/2 tsp. onion powder
1 1/2 tsp. garlic powder
1 1/2 tsp. ground cumin
1 1/2 tsp. ground black pepper
1/4 tsp. cayenne pepper (optional)

Blackened (for fish and chicken)

1/2 tsp. paprika
1/2 tsp. pepper
1/4 tsp. thyme
1/4 tsp. ground cayenne pepper
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. salt

Onion Soup Mix (no salt)

(1/4 c = 1 packet of Onion Soup Mix)

3 Tbs. dried minced onions
4 tsp. instant beef/or chicken bouillon (granulated/sodium free)
1/2 tsp. parsley flakes
1 tsp. onion powder
1/4 tsp. dried celery seed
1/4 tsp. paprika
1/4 tsp. pepper

Onion Soup Mix (low salt)

(1/4 c = 1 packet of Onion Soup Mix)

1/4 c. dried minced onions
2 tbs. low sodium beef or chicken bouillon (granules)
1/4 tsp onion powder
1/4 tsp parsley flakes
1/8 tsp celery seed
1/8 tsp paprika
1/8 tsp pepper

Onion Soup Mix (regular)

(1/4 c = 1 packet of Onion Soup Mix)

1/2 c. dried onion flakes
1 tsp. onion powder
1 tsp. garlic powder
1/2 tsp. celery seed
1/2 tsp. pepper
1 tsp dried parsley
1 tsp salt

Chili Powder Blend

(Much less salt than store bought)

2 tsp. garlic powder
2 tsp. ground cumin
1 tsp. ground cayenne pepper
1 tsp. dried oregano
1 tsp. sweet paprika