

## Homemade Seasoning Mixes

### Taco Seasoning:

This seasoning is a tad on the spicy side. If you do not care for spicy foods, simply reduce or omit the cayenne pepper.

Use 4 tbs. of seasoning for each pound of meat used. To make taco meat, simply brown the ground beef, ground turkey or meat of choice and drain excess grease. Add 2/3 cup water and 4 Tbs. seasoning, reduce heat to low and let simmer 3-4 minutes until thickened.

Ingredients:

- 2 Tbs. Chili Powder
- 2 Tbs. Cumin
- 2 tsp. Onion Powder
- 2 tsp. Garlic Powder
- 2 tsp. Celery salt
- ½ tsp. Cayenne Pepper
- ½ tsp. Black Pepper
- ½ tsp. Garlic Salt

Directions: Combine all ingredients and store in an air tight jar when not in use.

### Ranch Dressing Mix:

Ingredients:

- 1/3 cup dry buttermilk (\*\*see note below\*\*)
- 2 Tbsp. dried parsley
- 1 1/2 tsp. dried dill weed
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried onion flakes
- 1 tsp. ground black pepper
- 1 tsp. dried chives
- 1 tsp. salt

Directions: Whisk all ingredients together until blended. If you want a more finely-ground seasoning mix, you can pulse the mixture in a food processor until it reaches your desired consistency. Store in an airtight container in the refrigerator for up to 3 months.

3 Tablespoons of this mix = 1 packet of the store-bought seasoning mix

To Make Ranch Dressing:

Combine 1 Tbsp. seasoning mix with 1/3 cup greek yogurt and 1/3 cup milk, and whisk to combine.

\*\*You can omit the buttermilk powder if you would like to use fresh buttermilk, or if you would just like the straight spices for the seasoning mix.\*\*

### **Italian Dressing Mix:**

Ingredients:

- 1 1/2 teaspoon garlic powder
- 1 Tablespoon onion powder
- 2 teaspoon oregano
- 1 Tablespoon dried parsley
- 2 teaspoons sea salt
- 1 teaspoon pepper
- 1/4 teaspoon thyme
- 1/2 teaspoon dried celery flakes

Directions: Shake ingredients together and store in a jar.

To make Italian salad dressing: Mix 2 Tablespoons dry mix with 1/4 cup vinegar (red wine vinegar is a good choice), 2 teaspoons water and 1/2 cup olive oil.

### **Seasoned Salt:**

Ingredients:

- ¼ cup Kosher salt
- ½ Tbsp. fresh ground pepper
- 1 tsp. paprika
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. ground red pepper

Instructions: Stir all ingredients together.

### **Allspice:**

Ingredients:

- Cinnamon
- Nutmeg
- Cloves

Directions: Mix equal parts of each spice together.

### **Apple Pie Spice:**

Ingredients:

- 2 Tablespoons ground cinnamon
- 1/2 Tablespoon allspice
- 1 teaspoon nutmeg
- 1 teaspoon ginger

Optional: add 1/2 teaspoon grated dried lemon peel to add some brightness

Instructions: In a small bowl, mix together all ingredients. Pour into an airtight container and it will last for months.

Suggested uses: Add it to egg batter when making French toast. Add it to sugar cookie recipes to make Apple Pie Spice cookies. Use when making baked apples. Add it to rice pudding recipes. Spread a bagel with peanut butter and sprinkle with spice. Sprinkle on top of roasted butternut or acorn squash. Add it to smoothies.

### **Garlic Salt:**

Ingredients:

- Garlic powder
- Salt

Directions: Mix 3 parts salt to 1 part garlic powder.

### **Cajun Seasoning:**

Ingredients:

- 2 1/2 tsp paprika
- 1 1/2 tsp chili powder
- 5 dashes cayenne pepper (or less if you don't like it very hot)
- 1/4 tsp pepper
- 1/4 tsp oregano
- 3/4 tsp thyme
- 1 tsp salt

Directions: Mix all ingredients together in a small bowl. Add to any soup or dish. This seasoning is great just sprinkled on top of vegetables or to season meat.

This recipe is easily doubled or tripled. I like to keep a large batch of it to have on hand when I want it. If you are making a large batch, then you will use approximately 2 Tbsp per serving.

### **Cream-Of Soup Mix:**

Adapted from Taste of Home

Ingredients:

- 2 cups dry milk powder (non-instant is preferred) Dairy Free? Use rice milk powder.
- ¼ cup organic cornstarch (to avoid GMOs)
- 1 teaspoon onion powder
- ½ teaspoon dried thyme
- ½ teaspoon dried basil
- ½ teaspoon dried parsley
- ¼ teaspoon black pepper

Directions: Mix all ingredients together with a whisk. Store in an airtight container.

To make into soup:

Combine 1/3 cup dry mix with 1 ¼ cups water in a small saucepan. Whisk until smooth.

On medium heat, bring to a boil.

Cook and stir for 2 minutes, until thick. Cool.

This amount = 1 can condensed cream-of soup.

For Cream-of Chicken Soup: use 1 ¼ cups chicken broth instead of water.

For Cream-of Mushroom Soup: use water; add ¼ cup diced, cooked mushrooms to soup after it thickens

For Cream-of Celery Soup: use water, add ¼ cup diced, cooked celery to the soup after it thickens or add a dash of celery seed to the mixture while it's cooking.