

MAKE YOUR OWN SEASONING BLEND



Herbs and spices are a great way to add variety to your meals! Instead of buying a lot of spice blends, use staple items to make your own.

HERBS

dried

- oregano
- basil
- parsley
- thyme
- rosemary
- dill

SPICES

ground

- cumin
- chili powder
- garlic powder
- onion powder
- red pepper flakes
- black pepper
- ground ginger
- cayenne pepper
- paprika

Try keeping some of these herbs and spices stocked in your pantry. Many of these seasonings can be used in multiple seasoning blends for many different flavors. Having these seasonings in your pantry can help you create a wide variety of dishes!

SEASONING BLENDS

Use on vegetables, proteins, and grains!

RANCH SEASONING



- 2 tbsp parsley
- 1 tbsp onion powder
- 1 1/2 tsp garlic powder
- 1 tsp dill
- 1/2 tsp black pepper
- 1/4 tsp salt

CHILI/ TACO SEASONING



- 1 tbsp chili powder
- 1 1/2 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 1/4 tsp red pepper flakes
- 1/4 tsp salt

ITALIAN SEASONING



- 1 tbsp oregano
- 1 tbsp basil
- 1/2 tsp thyme
- 1/2 tsp rosemary
- 1/2 tsp parsley
- 1/2 tsp garlic powder

CAJUN SEASONING



- 1 tbsp paprika
- 1 tbsp garlic powder
- 1/2 tbsp onion powder
- 1/2 tbsp black pepper
- 1 tsp oregano
- 1/2 tsp cayenne pepper
- 1/2 tsp thyme
- 1/4 tsp salt

ALL PURPOSE SEASONING



- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp parsley
- 1 tsp black pepper

STIR FRY SEASONING



- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp parsley
- 1/2 tsp ginger
- 1/4 tsp red pepper flakes

WHEN TO ADD THESE SEASONINGS

Vegetables

In a bowl, mix chopped vegetables, 2 tbsp of oil, and your seasoning blend of choice. Arrange seasoned vegetables evenly on a sheet pan and place in the oven until cooked through.

Meat or other Proteins

In a bowl, mix your protein, 1 tbsp of oil, and your choice of seasoning blend. Roast your seasoned protein in the oven, stovetop, or grill until cooked through.

Grains

When boiling grains such as rice, pasta, or quinoa, add your chosen seasoning blend to the pot during the cooking process for a deliciously flavored side dish.