

Build Your Own Seasoning Blends



There are many benefits to making your own spice blends at home.

- **Less sodium.** Many store-bought blends are high in sodium.
- **Tailored to your preference.** You can add more or less of your favorite flavors.
- **Saves money.** Use what you have on hand to create a blend instead of purchasing.

Once your seasoning blends are made:

- Store in an airtight container.
- Date and label container.
- Keep in a cool, dark, dry place.
- Use within 1 year.

Seasoned Salt Blend

2 tablespoons salt
1 teaspoon black pepper
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
1/2 teaspoon white sugar



Italian Seasoning Blend

2 tablespoons basil, dried
2 tablespoons oregano, dried
1 tablespoon thyme, dried
1 tablespoon rosemary, dried
1 tablespoon garlic powder
1/4 teaspoon onion powder

Taco Seasoning Blend

1 tablespoon chili powder
2 teaspoon cumin
1 teaspoon black pepper
1/2 teaspoon onion powder
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon garlic powder

Ranch Seasoning Blend

1 tablespoon dried parsley
1 teaspoon dried dill weed
1 teaspoon dried chives
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon salt
1/4 teaspoon pepper