



DIY SPICE BLENDS

Recipe cards & Meal inspiration
to bring your favorite flavors to life

Becoming Traditional | The Self-Sufficient Kitchen



ITALIAN SEASONING



~ 3/4 cup

ingredients

- 2 tablespoons dried basil
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 2 tablespoons dried rosemary
- 1 tablespoon dried parsley
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon red pepper flakes (optional)

Mix all the spices/herbs together thoroughly then store in an airtight container in a cool-ish, dark place.

meal inspiration


- **Pasta Sauces:** Add a tablespoon or two of Italian seasoning blend to homemade tomato sauce for pasta dishes like spaghetti, lasagna, or baked ziti if you eat that a lot.
- **Pizza:** Sprinkle Italian seasoning over homemade or store-bought pizza dough before adding toppings for an extra burst of flavor.
- **Roasted Vegetables:** Toss mixed vegetables (like bell peppers, zucchini & onions) with olive oil & Italian seasoning before roasting in the oven for a flavorful side dish.
- **Grilled Chicken or Fish:** Rub Italian seasoning onto chicken breasts or fish fillets before grilling for a simple yet flavorful main course.
- **Bread Dipping Oil:** My husband loves this one. Combine Italian seasoning with olive oil, minced garlic & grated Parmesan cheese for a delicious dipping oil for crusty bread.

notes

While the red pepper flakes are optional, if you go light, you won't notice the heat (unless you're sensitive to heat that is).



TACO SEASONING

 ~ 1/3 cup

ingredients

2 tablespoons chili powder
1 tablespoon ground cumin
1 tablespoon smoked paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried oregano
1 teaspoon ground coriander
1/2 teaspoon cayenne pepper*
Salt & pepper (to taste)

Mix all the spices/herbs together thoroughly then store in an airtight container in a cool-ish, dark place.

meal inspiration


- **Tacos:** Use taco seasoning to season ground beef, chicken, or turkey for classic tacos. Serve with tortillas, shredded lettuce, diced tomatoes, cheese & your favorite taco toppings.
- **Quesadillas:** Sprinkle taco seasoning over cheese-filled tortillas before grilling for a quick & tasty quesadilla. Or maybe popping into the oven under a pair of cookie sheets for a quick min.
- **Taco Salad:** Season cooked ground meat with taco seasoning & serve over a bed of lettuce with beans, corn, diced tomatoes, avocado & salsa for a flavorful taco salad.
- **Chili:** Add taco seasoning to homemade chili for an extra kick of flavor. Serve with toppings like shredded cheese, sour cream & diced onions.
- **Fajitas:** Marinate sliced chicken, beef, or shrimp in taco seasoning & lime juice before cooking for delicious fajitas. Serve with sautéed peppers & onions, tortillas & toppings. Yum, yum, yummm!

notes

Adjust the cayenne pepper to your preference for heat. There's a soft kick to this blend. Lean on the lighter side for salt & pep since you can always add more. And yes, you'll need to taste the dry rub to see!



CURRY SEASONING

 ~ 1/2 cup

ingredients

2 tablespoons ground cumin
2 tablespoons ground coriander
2 tablespoons ground turmeric
1 tablespoon ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground mustard
1/2 teaspoon cayenne pepper
(to taste)

Mix all the spices/herbs together thoroughly then store in an airtight container in a cool-ish, dark place.

meal inspiration

- **Curries:** Use curry powder to flavor a variety of curries, like chicken curry, vegetable curry, or lentil curry. Serve with rice or naan bread for a satisfying meal.
- **Soups & Stews:** Add curry powder to soups & stews for a warm & aromatic flavor. It pairs well with ingredients like coconut milk, lentils, potatoes & carrots.
- **Roasted Vegetables:** Toss vegetables like cauliflower, sweet potatoes & chickpeas with curry powder & olive oil before roasting for a flavorful side dish.
- **Chicken Salad:** Mix shredded chicken with mayonnaise, curry powder, diced celery & cranberries or raisins if that's your thing for a tasty chicken salad with a hint of spice.
- **Egg Salad:** Add curry powder to mashed hard-boiled eggs along with mayonnaise, mustard & chopped green onions for a flavorful egg salad.
- **Rice Dishes & Marinades:** You can use this one solo, it's that good!

notes

Adjust the cayenne pepper to your liking for heat. Like spice? Add more. Don't? Skip it!