

Taco Seasoning Recipe Ingredients



- 1/4 cup Chili Powder ([here's how to make your own](#))
- 1/4 cup [Cumin Powder](#)
- 1 Tablespoon [Garlic powder](#)
- 1 Tablespoon Onion powder ([here's how to make your own](#))
- 1 teaspoon [Oregano leaf](#) (or oregano leaf powder)
- Paprika
- 1/4 cup [Himalayan salt or Sea salt](#) (optional)
- 1 teaspoon ground pepper

Taco Seasoning Recipe Instructions

Put all in jar and shake well or mix in a food processor until mixed. Store in an airtight jar for up to six months. Makes approximately 1 cup. To use: sprinkle on ground beef or chicken as you would any store bought taco seasoning. 3 tablespoons is the same as 1 packet of store bought taco seasoning. Great for [lettuce tacos](#).

[Print the recipe here.](#)

Homemade Curry Powder Recipe

Ingredients



- 1/2 cup Paprika
- 1/4 cup [Cumin](#)
- 1 tablespoon Fennel Powder
- 2 Tablespoons Fenugreek powder (optional)- gives sweetness
- 2 tablespoons Ground Mustard Powder
- 1 tablespoon ground Red Pepper Flakes (optional)- adds spiciness
- 3 tablespoons ground Coriander (optional)
- 1/4 cup ground [Turmeric root](#)
- 1 tablespoon ground Cardamon (optional)
- 1 teaspoon [Cinnamon Powder](#)
- 1/2 teaspoon Cloves Powder (optional) – Adds complex flavor

Homemade Curry Powder Recipe

Instructions

Mix all ingredients in a bowl, jar or food processor and store in an air-tight container until ready to use. Can be used on meats, vegetables or in soups. Especially good in with chicken, [shrimp or vegetables](#).

[Print this recipe here.](#)

Homemade Italian Seasoning Recipe Ingredients



- 1/2 cup [Basil leaf](#)
- 1/2 cup Marjoram Leaf
- 1/2 cup [Oregano leaf](#)
- 1/4 cup cut and sifted [Rosemary Leaf](#)
- 1/4 cup Thyme Leaf
- 2 tablespoons [Garlic Powder](#) (optional, especially if you cook with fresh garlic)

Homemade Italian Seasoning Recipe Instructions

Place all herbs in a jar and shake well. Great in any Italian recipes such as [Eggplant Parmesan](#), [Chicken Parmesan](#), [Meatza](#), [Grain Free Spaghetti](#), [Zucchini Lasagna](#), etc.

[Print this recipe here.](#)

Homemade Rajin' Cajun Seasoning Ingredients



- 1/2 cup Paprika ([here's how to make it at home](#))
- 1/3 cup [Himalayan Salt or sea salt](#)
- 1/4 cup [Garlic Powder](#)
- 2 Tablespoons Black Pepper
- 2 Tablespoons Onion Powder ([here's how to make it at home](#))
- 1 Tablespoon Cayenne Pepper (optional- won't be spicy without this) ([here's how to make it at home](#))
- 2 Tablespoons [Oregano Leaf](#)
- 1 Tablespoon Thyme Leaf

Homemade Rajin' Cajun Seasoning Instructions

Mix all ingredients in jar or food processor and store in an airtight container. Good on stir fries, eggs, casseroles, and [poultry](#). Can add more or less Cayenne to get to your taste.

[Print this cajun seasoning recipe here.](#)

Healthy Ranch Dressing Mix Recipe

Ingredients



- 1/4 cup dried Parsley leaf
- 1 Tablespoon Dill leaf
- 1 tablespoon Garlic Powder
- 1 tablespoon Onion Powder
- 1/2 teaspoon Basil leaf (optional)
- 1/2 teaspoon ground black pepper

Healthy Ranch Dressing Mix Recipe

Instructions

Mix all ingredients together in jar or food processor. To make into Ranch Dressing, mix 1 Tablespoon of this mix with 1/3 cup [Homemade Mayonaise](#) or Greek Yogurt and 1/4 cup Coconut Milk.

[Print the recipe here.](#)

Homemade Lemon Pepper Seasoning Recipe Ingredients



- The zest from 4-6 organic lemons (or 1/2 cup pre-dried lemon zest)
- 6 Tablespoons ground black pepper (or whole peppercorns if you are using fresh lemon)
- 5 Tablespoons Himalayan Salt or Sea Salt

Homemade Lemon Pepper Seasoning Recipe Instructions

If using fresh lemon Zest, thoroughly zest the lemons and spread the fresh lemon out on a baking sheet. Put into the oven on the lowest setting and leave until completely dried. Mine took about 70 minutes, but yours make take more or less time. When completely dried, mix with the peppercorns and salt in a food processor until well mixed. If making with pre-dried lemon peel, just mix all ingredients in a food processor until blended.

[Print this recipe here.](#)

Seasoned Salt Recipe Ingredients



- 1/4 cup Onion Powder
- 1/4 cup Garlic Powder
- 1/4 cup Black Pepper (ground)
- 2 tablespoons Chili Powder
- 3 tablespoons Paprika
- 2 tablespoons dried Parsley Leaf (optional)
- 1 tablespoon ground Red Pepper Flakes (optional)

Seasoned Salt Recipe Instructions

Mix well by shaking in a jar or in a food processor. Store in airtight container.

[Print the recipe here.](#)

Fajita Seasoning Recipe Ingredients



- 1/4 cup Chili Powder
- 2 tablespoons Sea Salt
- 2 tablespoons Paprika
- 1 tablespoon Onion Powder
- 1 tablespoon Garlic Powder
- 1 teaspoon Cayenne Powder (optional)
- 1 tablespoon [Cumin Powder](#)

Fajita Seasoning Recipe Instructions

Mix well in bowl or jar and store in airtight container until use. Use about 1 teaspoon per chicken breast or steak when making fajitas. I use for making Fajitas and [Fajita Salads](#).

[Print this recipe here.](#)

French Onion Soup Mix Ingredients



- 1/2 cup dried Onion Flakes or dehydrated onion slices
- 1 teaspoon Onion Powder
- 1 teaspoon Garlic Powder
- 1/2 teaspoon Celery Salt
- 1/2 teaspoon Ground Pepper
- 1 teaspoon dried parsley leaf
- 1 teaspoon Himalayan or sea salt (optional but helps absorption of soup)
- 1 teaspoon turmeric (optional but adds great flavor)

French Onion Soup Mix Instructions

Use approximately 1/4 cup per 2 cups of beef stock to make french onion soup (add 3-4 onions that have been very thinly sliced and slowly caramelized. To use as a mix, you can add 1/2 cup soy-free and MSG free beef bouillon powder and use as you would a packet of french onion soup mix (1/4 cup=1 package). Excellent on [roasts](#) or for making french onion soup. I also use as the seasoning for the meat in [Shepard/Cottage Pie](#).

[Print the recipe here.](#)

Chili Seasoning Mix Ingredients



- 1/2 cup Chili Powder
- 1/4 cup Garlic Powder
- 3 tablespoons Onion Powder
- 1/4 cup Oregano
- 2 tablespoons Paprika
- 1/4 cup Cumin
- 1 tablespoon Thyme

Chili Seasoning Mix Instructions

Mix all ingredients and store in an airtight container. 1/4 cup of mix=1 package of store bought chili seasoning. Great for all types of chili ([this one is my favorite](#)).

[Print the recipe here.](#)

Herbs de Provence Ingredients



- 1/2 cup Thyme Leaf
- 1/4 cup Marjoram Leaf
- 2 tablespoons of cut and sifted Rosemary Leaf
- 2 tablespoons Savory
- 1 teaspoon of Lavender Flowers (lightly ground-optional)
- 2 teaspoons dried orange zest (optional)
- 1 teaspoon ground Fennel

Herbs de Provence Instructions

If you are zesting the orange yourself, remove the zest of one organic orange and dry in an oven on lowest setting or a dehydrator until completely dry. Place in a food processor with the lavender flowers and lightly pulse. Remove and mix all ingredients in a jar or bowl until mixed (do not grind up the herbs!). Excellent in soups, on chicken or on roasted vegetables.

Jamaican Jerk Seasoning Recipe Ingredients



- 1/4 cup Onion Powder
- 2 tablespoons Sea Salt
- 2 tablespoons Thyme
- 2 teaspoons ground Allspice
- 1 tablespoon Cinnamon
- 1 teaspoon Cayenne Powder (optional)

Jamaican Jerk Seasoning Recipe

Instructions

Mix all ingredients together and store in airtight container. When using, it is especially good if mixed with honey and painted on the meat.

[Print this Jamaican Jerk seasoning recipe here.](#)

Asian 5-Spice Seasoning Ingredients



- 2 tablespoons Anise Powder
- 1 tablespoon Ground Pepper
- 1 tablespoon ground Fennel
- 1 tablespoon Cinnamon
- 1 tablespoon ground Cloves
- 1 tablespoon Himalayan or sea salt

Asian 5-Spice Seasoning Instructions

Mix all ingredients and store in airtight container. Great for recipes like [Beef and Broccoli Stir Fry](#) and other Asian themed cuisine.

[Print the recipe here.](#)

Pumpkin Pie Spice Ingredients



- 1/4 cup Cinnamon
- 1 teaspoon ground Ginger
- 2 teaspoons Nutmeg
- 2 teaspoons Allspice powder
- 1/2 teaspoon Cloves powder (optional)

Pumpkin Pie Spice Instructions

Mix all ingredients and store in airtight container. Use as you would regular pumpkin pie spice. Great in [pumpkin cheesecake](#), [pumpkin pie](#), [spiced pumpkin lattes](#) or [coconut flour pumpkin muffins](#)