

## Favorite Seasoning Blends



### Taco Seasoning Blend

Use this tasty blend for any Southwestern inspired recipe. Great for tacos, corn and bean salad, chicken and rice, etc.

- |                     |                                 |
|---------------------|---------------------------------|
| 4 Tbsp chili powder |                                 |
| 4 tsp ground cumin  | 2 tsp paprika                   |
| 1 tsp coriander     | 1 tsp onion powder              |
| 1 tsp dried oregano | 2 tsp fresh ground black pepper |
| 1 tsp garlic powder | 1 tsp cayenne pepper            |

1. Mix all ingredients in bowl and stir until any lumps are removed.
2. Pour into small jar and seal well.

### Using your Taco Seasoning

To season your taco meat, add ½ Tbsp flour and 3 Tbsp of seasoning to hot skillet of fully cooked ground beef or chicken. Stir in 2/3 cup of water and cook until bubbling and thickening. Add salt to taste.

---

### Italian Seasoning Blend

Perfect for roasting vegetables and adding to tomato sauce recipes.

- |                          |                          |
|--------------------------|--------------------------|
| 4 ½ Tbsp dried basil     |                          |
| 3 Tbsp dried marjoram    | 1 1/2 Tbsp onion flakes  |
| 3 Tbsp dried parsley     | 1 ½ tsp dried thyme      |
| 3 Tbsp dried oregano     | 1 ½ tsp rubbed sage      |
| 1 1/2 Tbsp garlic powder | 1 tsp fresh black pepper |

1. Mix all ingredients in a bowl.
2. Store in an airtight jar.

---

### Cajun Seasoning Blend

Add a little kick to roasted vegetables, rice, meat and BBQ food with this slightly spicy Cajun blend.

- |                         |                           |
|-------------------------|---------------------------|
| 2 1/2 Tbsp paprika      |                           |
| 1/2 Tbsp smoked paprika | 1 Tbsp onion powder       |
| 1 Tbsp salt             | 1 1/2 Tbsp cayenne pepper |
| 2 Tbsp garlic powder    | 1 Tbsp dried leaf oregano |
| 1 Tbsp black pepper     | 1 Tbsp dried thyme        |

1. Thoroughly combine all ingredients in a bowl.
2. Store in an airtight jar.

*Recipes by Professional Home Economist, Getty Stewart, Winnipeg, MB.  
For more details on cooking with herbs and spices visit [www.gettystewart.com](http://www.gettystewart.com)*