

Salt-free Seasoning Blends

Blend well and store in an airtight container in a cool dry place.



Salt-free Italian Seasoning Blend

Add to tomato sauce for pasta dishes.

- 1 tbsp. dried oregano
1 tbsp. dried basil
1 1/2 tsp. onion powder
1 1/2 tsp. dried thyme
1 tsp. garlic powder
1 tsp. pepper

Salt-free Chili Seasoning Blend

- 3 tbs. ground red chile powder
1 tbs. oregano
1 tbs. ground cumin
1 tbs. garlic powder

Salt-free Southwest Seasoning Blend

Good for sautéing peppers, onions, chicken or beef or for any other Tex-Mex dish.

- 2 tbs. chili powder
1/2 tsp. garlic powder
1/2 tsp. minced garlic
1/2 tsp. cayenne pepper
1 tsp. oregano
1 tsp. paprika
1 tsp. cumin
2 tsp. black pepper

Salt-free Taco Seasoning Blend

- 4 tsp. dried minced onion
3 tsp. chili powder
1 tsp. cornstarch
1 tsp. garlic powder
1 tsp. ground cumin
1/2 tsp. dried oregano
1/8 tsp. cayenne pepper

