

SPICE MIXES

Commercially packaged mixes can eat up food dollars, especially if purchased frequently. A practical, money-saving alternative is to make your own mixes.

<p align="center">Homemade Salt-Free Herb Mix</p>	<p align="center">Homemade Taco Seasoning Mix</p>	<p align="center">Homemade Seasoned Rice Mix</p>
<p><i>Commercially prepared salt-free herb and spice blends are growing in popularity. Our homemade version is versatile and the flavors are complementary to many meat, vegetable and starch dishes. Teaspoon measurements are used because the teaspoon easily fits into the seasoning containers.</i></p> <p>3 tsps. onion powder 3 tsps. garlic powder 3 tsps. dried parsley flakes 1 tsp. dried basil leaves 1 tsp. dried thyme leaves 1 tsp. dried marjoram leaves 1 tsp. pepper</p> <p>In storage container with tight-fitting lid, combine all ingredients; mix well. Seal tightly. Store in cool, dry place for up to 6 months. Stir or shake well before each use.</p> <p>13 teaspoons (about 1/4 cup).</p>	<p>6 tsps. chili powder 5 tsps. paprika 4-1/2 tsps. cumin* 3 tsps. onion powder 2-1/2 tsps. garlic powder 1/8 to 1/4 tsp. cayenne pepper</p> <p>In storage container with tight-fitting lid, combine all ingredients; mix well. Seal tightly. Store in cool, dry place for up to 6 months.</p> <p>21 teaspoons (about 1/2 cup)</p> <p align="center">TIPS</p> <p>*Cumin, an herb, is ground from cumin seeds, and there is no substitute for its flavor.</p> <p>Seven teaspoons of mix equal a 1.25-oz. package of purchased taco seasoning mix.</p>	<p><i>This economical, convenient mix allows you the flexibility to make it for poultry or beef-flavored dishes.</i></p> <p>3 cups uncooked regular rice 1/4 cup dried parsley flakes 6 tsps. instant chicken or beef-flavor bouillon 2 tsps. onion powder 1/2 tsp. garlic powder 1/4 tsp. dried thyme leaves</p> <p>In storage container with tight-fitting lid, combine all ingredients; mix well. Seal tightly. Store in cool, dry place for up to 6 months. Stir well before each use. 3 cups.</p>
<p align="center">Nutritional Information</p> <p>One teaspoon mix contains 1 mg. sodium</p>	<p align="center">Nutritional Information</p> <p>Seven teaspoons mix contain 90 mg. sodium.</p>	<p align="center">Nutritional Information</p> <p>1/2 cup = 150 mg. of sodium.</p>

Source: Pillsbury Classic Cookbooks; Money Saving Meals, #131, Jan. 1992; reviewed July 2007