

Seasoning Blend Staples

for an Allergy-Friendly Pantry

For best results, store in an airtight jar in your pantry for up to a year.

basic burger blend

1/4 cup onion powder
2 Tablespoons garlic powder
2 Tablespoons fine sea salt
1 Tablespoon ground black pepper
Use 2 teaspoons seasoning per pound of ground beef.

chili lime seasoning

3 Tablespoons chili powder
1 1/2 teaspoons onion powder
3/4 teaspoons garlic powder
1/2 teaspoon coriander
1 teaspoon fine sea salt
1/2 teaspoon ground black pepper
zest of 3 limes, zested and dried

garlic salt

6 Tablespoons garlic powder
4 Tablespoons fine sea salt
2 Tablespoons dry parsley
Whizz together in a high speed blender for 10 seconds

pumpkin pie spice mix

8 teaspoons ground cinnamon
4 teaspoons ground ginger
1 teaspoon ground cloves*
1 teaspoon ground nutmeg
*increase to 2 teaspoons if desired

ranch seasoning

1/4 cup chopped dried onion flakes
1/4 cup dry parsley
1 teaspoon garlic powder
1 teaspoon fine sea salt
1/2 teaspoon onion powder

seasoned salt

1/4 cup fine sea salt
2 Tablespoons paprika
4 teaspoons onion powder
2 teaspoons garlic powder
1/2 teaspoon tumeric

sweet & smoky seasoning

1/4 cup light brown sugar
2 teaspoons onion powder
2 teaspoons smoked paprika
1 teaspoon garlic powder
1 teaspoon fine sea salt
1/2 teaspoon ground black pepper

taco seasoning

1/2 cup chili powder
1/4 cup onion powder
2 Tablespoons ground cumin
1 Tablespoon garlic powder
1 Tablespoon paprika
1 Tablespoon fine sea salt

Use 3 -4 Tablespoons seasoning per pound of ground beef.

