



SPICES TO THE RESCUE

****When a recipe calls for 1 tablespoon of any fresh herb, substitute it for 1 teaspoon of the same herb in dried form**

****Try these spice mixes instead of the store-bought versions to save money and reduce sodium content**

ITALIAN SEASONING

- 1 tbsp. dried basil leaves
- 1 tbsp. dried oregano leaves
- 1 tbsp. dried rosemary leaves
- 1 tbsp. dried thyme leaves

JERK SEASONING

- 1 tbsp. dried thyme leaves
- 1 tsp. ground allspice
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 1 tsp. garlic powder
- 1 tsp. cayenne pepper

PUMPKIN PIE SPICE

- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp., ground allspice
- ¼ tsp. ground nutmeg

TACO SEASONING

- 4 ½ tsp. chili powder
- 4 ½ tsp. ground cumin
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. dried oregano leaves
- ¼ tsp. salt

Directions:

****Add one batch of this taco seasoning and ¼ c. water to 1 pound of cooked, lean ground beef.**