

FOOD RENEGADE'S TOP 10 HOMEMADE SPICE BLENDS

All ingredients refer to the dried herb or spice you'd normally find on the spice aisle of your grocery store (so "basil" isn't referring to freshly cut basil). For each of these seasoning mixes, combine all herbs in a small jar, put the lid on the jar, then shake well. To store, keep in a cool, dry, dark place.

ITALIAN SEASONING

- 1/2 cup Basil leaf
- 1/2 cup Marjoram
- 1/2 cup Oregano
- 1/4 cup Rosemary
- 1/4 cup Thyme
- 2 Tbsp Garlic Powder (optional, especially if you cook with fresh garlic)

CAJUN SEASONING

- 1/2 cup Paprika
- 1/3 cup Sea Salt
- 1/4 cup Garlic Powder
- 2 Tbsp Black Pepper
- 2 Tbsp Onion Powder
- 1 Tbsp Cayenne Pepper (optional)
- 2 Tbsp Oregano
- 1 Tbsp Thyme

POULTRY SEASONING

- 2 Tbsp Sage
- 4 tsp Thyme
- 1 Tbsp Marjoram
- 1 tsp Rosemary
- 1 tsp Nutmeg
- 1 tsp Black pepper

RANCH DRESSING SEASONING

- 1 Tbsp Parsley
- 1 tsp Dill
- 1 tsp Onion powder
- 1 tsp Dried onion flakes
- 1 tsp Sea salt
- 1/2 tsp Garlic powder
- 1/4 tsp Ground pepper

LEMON PEPPER

- The zest from 4-6 organic lemons (or 1/2 cup pre-dried lemon zest)
- 6 Tbsp ground black pepper
- 5 Tbsp sea salt

CURRY SEASONING

- 1/2 cup Paprika
- 1/4 cup Cumin
- 1 Tbsp Fennel Powder
- 2 Tbsp Fenugreek powder
- 2 Tbsp Ground Mustard
- 1 Tbsp Red Pepper Flakes
- 3 Tbsp Coriander
- 1/4 cup Turmeric
- 1 Tbsp Cardamon
- 1 tsp Cinnamon
- 1/2 tsp Cloves

FRENCH ONION SOUP MIX

- 1/2 cup dried Onion Flakes
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Celery Salt
- 1/2 tsp Ground Pepper
- 1 tsp Parsley
- 1 tsp sea salt
- 1 tsp Turmeric

HERBS DE PROVENCE

- 1/2 cup Thyme
- 1/4 cup Marjoram
- 2 Tbsp Rosemary
- 2 Tbsp Savory
- 1 tsp of Lavender Flowers (lightly ground)
- 2 tsp dried orange zest (optional)
- 1 tsp ground Fennel

JERK SEASONING

- 1/4 cup Onion Powder
- 2 Tbsp Sea Salt
- 2 Tbsp Thyme
- 2 tsp Allspice
- 1 Tbsp Cinnamon
- 1 tsp Cayenne Powder

PUMPKIN PIE SPICE

- 1/4 cup Cinnamon
- 1 tsp Ginger
- 2 tsp Nutmeg
- 2 tsp Allspice
- 1/2 tsp Cloves