

Homemade Ranch Seasoning Mix

Yield: About 1 cup

- 1/3 cup dry buttermilk
- 2 Tbsp. dried parsley
- 1 1/2 tsp. dried dill weed
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried onion flakes
- 1 tsp. ground black pepper 1 tsp. dried chives
- 1 tsp. salt

Whisk all ingredients together until blended. If you want a more finely-ground seasoning mix, you can pulse the mixture in a food processor until it reaches your desired consistency.

Store in an airtight container in the refrigerator for up to 3 months.

*3 Tablespoons of this mix = 1 packet of the store-bought seasoning mix

**To Make Ranch Dressing: Combine 1 Tbsp. seasoning mix with 1/3 cup mayo and 1/3 cup milk, and whisk to combine. You can also substitute Greek yogurt for the mayo.

Homemade Shake and Bake Mixture

Servings: 8

- 4 cups dry bread crumbs
- 1/3 cup vegetable oil
- 1 tablespoon salt
- 1 tablespoon paprika
- 1 tablespoon celery salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon minced garlic
- 1/4 teaspoon minced onion
- 1 pinch dried basil leaves
- 1 pinch dried parsley
- 1 pinch dried oregano

Taco Seasoning Recipe Ingredients

- 1/4 cup Chili Powder
- 1/4 cup Cumin Powder
- 1 tablespoon Garlic powder
- 1 tablespoon Onion powder
- 1 teaspoon Oregano leaf
- 1 teaspoon Paprika
- 1/4 cup Sea salt (optional)
- 1 teaspoon ground pepper

1 tsp sugar

Put all in jar and shake well or mix in a food processor until mixed. Store in an airtight jar for up to six months. Makes approximately 1 cup. To use: sprinkle on ground beef or chicken as you would any store bought taco seasoning. 3 tablespoons is the same as 1 packet of store bought

Homemade Italian Seasoning

- 1/2 cup Basil leaf
- 1/2 cup Marjoram Leaf
- 1/2 cup Oregano leaf
- 2 Tbsp cut and sifted Rosemary Leaf
- 1/4 cup Thyme Leaf
- 2 tablespoons Garlic Powder

Seasoned Salt Recipe Ingredients

- 1/4 cup Onion Powder
 - 1/4 cup Garlic Powder
 - 1/4 cup Black Pepper (ground)
 - 2 tablespoons Chili Powder
 - 3 tablespoons Paprika
 - 2 tablespoons dried Parsley Leaf (optional)
 - 1 tablespoon ground Red Pepper Flakes (optional)
- 2 to 4 TBSP salt

French Onion Soup Mix Ingredients

- 1/2 cup Onion Flakes or dehydrated onion slices
- 2 tablespoons Onion Powder
- 1 tablespoon Garlic Powder
- 1 teaspoon Celery Salt
- 1/2 teaspoon Ground Pepper
- 1 tablespoon salt (optional but helps absorption of soup)

French Onion Soup Mix Instructions

Use approximately 1/4 cup per 2 cups of beef stock to make french onion soup (add 3-4 onions that have been very thinly sliced and slowly caramelized. To use as a mix, you can add 1/2 cup soy-free and MSG free beef bouillon powder and use as you would a packet of french onion soup mix (1/4 cup=1 package). Excellent on roasts or for making french onion soup.

Cream Soup Mix

9 Servings

2 cups nonfat dry milk powder
3/4 cup cornstarch
1/4 cup reduced-sodium chicken bouillon granules
1 teaspoon onion powder
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/4 teaspoon pepper

In a large bowl, combine all ingredients. Store in an airtight container.

For a condensed cream soup substitute: Whisk 1/3 cup mix and 1-1/4 cups water in a small saucepan until smooth. Bring to a boil over medium heat. Cook and stir for 2 minutes or until thickened. Cool. Use as a substitute for one 10-3/4-oz.-can condensed cream of chicken, celery or mushroom soup.

For 1-1/2 cups soup: Whisk 1/3 cup mix and 1-1/2 cups water in a small saucepan until smooth. Bring to a boil over medium heat. Cook and stir for 2 minutes or until thickened. Yield: 3 cups.

Nutritional Facts: 1/3 cup mix equals 152 calories, trace fat (trace saturated fat), 5 mg cholesterol, 557 mg sodium, 26 g carbohydrate, trace fiber, 10 g protein. Diabetic Exchanges: 1 starch, 1 fat-free milk.



Maltodextrin is a filler found in highly processed foods and is usually made from corn.