



# Bulk Seasoning Recipes

SAVE TIME & CREATE DIVERSE MEALS



# Batch-make Seasonings

This guide contains spice and herb mixtures that are great for batch-making. Having them on hand can make meal prep even easier.

These seasoning blends are free from gluten, artificial flavorings, and preservatives that are often found in spice blends or seasoning packets.

*This guide includes:*



Taco Seasoning



Italian Seasoning



Ranch Seasoning



BBQ Dry Rub



Thai Seasoning Blend



Curry Powder



Everything Bagel Seasoning



Healthy Kid Sprinkles



# Taco Seasoning

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**Yield:** 2 ½ cups

**Servings:** Makes an equivalent of 8 store-bought packets of taco seasoning (or enough for 8 pounds of poultry/meat)

**Serving size:** 3 Tbsp per pound of meat/protein

## INGREDIENTS

- ½ cup Chili Powder
- ½ cup Cumin
- ¼ cup Coriander, ground
- ¼ cup Garlic Powder
- ¼ cup Onion Powder
- ¼ cup Oregano
- ¼ cup Paprika
- 3 Tbsp Salt
- Optional for thickener: ¼ cup cornstarch (creates saucy texture)
- Optional for Heat: 1 Tbsp Red Pepper Flakes

## DIRECTIONS

Add all ingredients to a glass jar (or any airtight container) with a tight fitting lid and shake. Store for up to one year.

Use 3 Tbsp seasoning per pound of poultry or ground meat. Brown protein, drain any grease, and sprinkle in 3 Tbsp seasoning. Add 2/3 cup water to the protein mixture, simmer, and cook over low heat until the water has been absorbed. Season meat with additional salt and pepper to taste if necessary.

**Note:** The cornstarch is optional. The purpose of it is to thicken your meat mixture when water is added and heat is applied. If you choose to omit it, the step of cooking down (reducing) the water is not necessary. A larger jar is needed if cornstarch is added.

### Application

This versatile blend can be used for tacos, fajitas, or even mixed into soups.



# Italian Seasoning

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Yield: 1  $\frac{1}{4}$  cup

Servings: 20 servings

Serving size: 1 Tbsp

## INGREDIENTS

- $\frac{1}{4}$  cup dried basil
- $\frac{1}{4}$  cup dried oregano
- 2 tbsp dried thyme
- 2 tbsp dried rosemary
- 2 tbsp dried parsley
- 2 tbsp dried marjoram
- 2 tbsp garlic powder
- 2 tbsp onion powder

## DIRECTIONS

Add all ingredients to a glass jar (or any airtight container) with a tight fitting lid and shake. Store for up to one year. Add salt and pepper to taste in the final dish.

## Application

Perfect for pasta sauces, stuffed shells, bakes, roasted vegetables, or as a dry rub for meats and proteins.



# Ranch Seasoning

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**Yield:** 1  $\frac{1}{4}$  cup

**Servings:** 10 servings

**Serving size:** Use 2 Tbsp to replace 1 packet of store-bought ranch seasoning mix

## INGREDIENTS

- $\frac{1}{2}$  cup dried buttermilk powder
- $\frac{1}{2}$  cup dried parsley
- $\frac{1}{4}$  cup garlic powder
- $\frac{1}{4}$  cup onion powder
- 2 Tbsp dried dill
- 2 Tbsp dried chives
- 1 Tbsp salt
- 2 tsp black pepper

## DIRECTIONS

Add all ingredients to a glass jar (or any airtight container) with a tight fitting lid and shake. Store for up to one year.

### Application

Use this blend for homemade dressings, dips, or seasoning popcorn or crackers.

**Note:** You can use extra buttermilk powder in a number of ways such as in baked goods, sprinkled on popcorn or crackers, or added to vinaigrettes to make them creamier.



## BBQ Dry Rub

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Yield: 1 ¼ cup

Servings: 20 servings

Serving size: 1 Tbsp

### INGREDIENTS

- 1/2 cup brown sugar
- 1/2 cup paprika (or smoked paprika)
- 1 Tbsp chili powder
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp mustard powder
- 1 Tbsp salt
- 1 Tbsp ground black pepper
- 1 tsp cayenne pepper (Optional)

### DIRECTIONS

Add all ingredients to a glass jar (or any airtight container) with a tight fitting lid and shake. Store for up to one year.

#### Application

Perfect for grilling or slow-cooking meats like chicken, ribs, or brisket or add to chili.



# Thai Seasoning

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Yield: 1 ¼ cup

Servings: 20 servings

Serving size: 1 Tbsp

## INGREDIENTS

- 1/4 cup garlic powder
- 1/4 cup ginger powder
- ¼ cup coriander
- ¼ cup Thai basil, dried (can sub regular basil)
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp ground black or white pepper
- 2 tsp red pepper flakes (more if you prefer hotter)

## DIRECTIONS

Add all ingredients to a glass jar (or any airtight container) with a tight fitting lid and shake. Store for up to one year.

### Application

Add 1-2 tablespoons of the seasoning blend to veggies, meats as a dry rub, or to soups.



# Curry Powder

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Yield: 1 cup

Servings: 16 servings

Serving size: 1 Tbsp

## INGREDIENTS

- ¼ cup ground coriander
- ¼ cup ground cumin
- 2 Tbsp ground turmeric
- 2 Tbsp ground ginger
- 2 Tbsp garlic powder
- 1 tsp dry mustard
- 1 tsp cinnamon
- 1 tsp ground black pepper
- 1 tsp ground cardamom
- 1 tsp cayenne or ground chilies (optional for heat)

## DIRECTIONS

Add all ingredients to a glass jar (or any airtight container) with a tight fitting lid and shake. Store for up to one year.

### Application

Great for adding to curries, rice, grain bowls, soups, stews, or roasted veggies for a quick Indian-inspired dish.





# Everything Bagel Seasoning

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**Yield:** 1 ¼ cup

**Servings:** 20 servings

**Serving size:** 1 Tbsp

## INGREDIENTS

- ½ cup sesame seeds
- ¼ cup poppy seeds
- ¼ cup dried garlic flakes
- ¼ cup dried onion flakes
- 2 tbsp sea salt

## DIRECTIONS

Put all ingredients in a sprinkle/seasoning shaker or glass jar and shake to mix. Store for up to 3 months (or in the fridge for up to 1 year to extend shelf life).

## Application

Ideal for sprinkling on avocado toast, eggs, salads, grain bowls, or roasted vegetables.



# Healthy Kid Sprinkles

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Yield: 1 cup

Servings: 16 servings

Serving size: 1 Tbsp

## INGREDIENTS

- ½ cup hemp hearts (shelled hemp seeds)
- ¼ cup chia seeds
- ¼ cup sesame seeds
- 2 Tbsp sprinkles

## DIRECTIONS

Put all ingredients in a sprinkle shaker and shake to mix. Store in an airtight container for up to 3 months (or in the fridge for up to 1 year to extend shelf life).

**Note:** Consider using a plastic sprinkle container or something that is table-friendly for kid use so they can sprinkle this on their own food.

### Application

Enjoy in pancakes, cookies, cupcakes, over oatmeal, yogurt, peanut butter toast, and even on salads!

**Note:** Adults can use these fun healthy sprinkles, too! Omit the sprinkles and you can use on salads, yogurt bowls, grain bowls, oatmeal, in baked goods, avocado toast, and peanut butter toast.