



HERB BLENDS FOR COOKING

to use in place of salt

Soulful Seasoning

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon black pepper
- 2 teaspoons ground thyme



All-Purpose Mexican Seasoning Mix

- ¼ cup dried oregano
- 3 tablespoons dried chili powder
- ¼ teaspoon cayenne pepper
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 tablespoon onion powder
- 1 pinch ground cloves
- 1 pinch ground cinnamon

Pungent Salt-less Substitute

- 2 tablespoons basil
- 4 teaspoons savory
- 4 teaspoons ground cumin
- 4 teaspoons celery seed
- 4 teaspoons sage
- 4 teaspoons marjoram
- 2 teaspoon thyme



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