SPICE IT UP

with MyMacroTools.com
SEASONINGS

Italian Seasoning
Dry Ranch Mix
Taco Seasoning
Onion Soup Mix
Cream of Whatever Soup
Mediterranean Seasoning
Seasoned Salt

WHY MAKE YOUR OWN SEASONINGS?

One of the best things you can do for your health is to cook. One of the tastiest things you can do for your cooking is to season it well. However, lots of store-bought seasonings have weird additives, tons of sodium, and chemicals that you simply don’t need. These are my macro-friendly, homemade substitutions for many basic seasoning mixes, packets, and soups. I use them in my recipes on the blog, so it’ll be super helpful to have your kitchens stocked with the same things mine has as we work together on new recipes. Do these all at once to save time, money, and have your kitchen spice shelf ready to go with flavorful, healthy seasonings.

SHOPPING LIST

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Totals (rounded)</th>
</tr>
</thead>
<tbody>
<tr>
<td>powdered non-fat dry milk</td>
<td>2 1/3 C</td>
</tr>
<tr>
<td>cornstarch</td>
<td>3/4 C</td>
</tr>
<tr>
<td>chicken bouillon granules (low sodium)</td>
<td>1/4 C</td>
</tr>
<tr>
<td>beef bouillon granules (low sodium)</td>
<td>1 C</td>
</tr>
<tr>
<td>dried onion flakes</td>
<td>3 C</td>
</tr>
<tr>
<td>chili powder</td>
<td>1 C</td>
</tr>
<tr>
<td>garlic powder</td>
<td>1/4 C</td>
</tr>
<tr>
<td>onion powder</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>red pepper flakes</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>oregano</td>
<td>1/2 C</td>
</tr>
<tr>
<td>paprika (smoked preferred)</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>cumin</td>
<td>1/2 C</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Quantity</td>
</tr>
<tr>
<td>-----------------------</td>
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</tr>
<tr>
<td>salt</td>
<td>1/2 C</td>
</tr>
<tr>
<td>pepper</td>
<td>1/3 C</td>
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<tr>
<td>ground coriander</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>dill</td>
<td>2 tsp</td>
</tr>
<tr>
<td>thyme</td>
<td>1 tsp</td>
</tr>
<tr>
<td>rosemary</td>
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<tr>
<td>curry powder</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>dry mustard</td>
<td>1 tsp</td>
</tr>
<tr>
<td>celery seed</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>parsley flakes</td>
<td>1/2 C</td>
</tr>
<tr>
<td>dried basil</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>dried chives</td>
<td>1 tsp</td>
</tr>
<tr>
<td>cinnamon</td>
<td>2 tsp</td>
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</tbody>
</table>

**CONTAINER OPTIONS**

Feel free to use whatever work for you. I use half-pint, pint, and quart mason jars. You can add spice shaker lids from Amazon here:

[Amazon Link]

**BUDGETARY CONSIDERATIONS**

Spices can be expensive. Here are some suggestions to save a little cash on this project:

- Buy the ones you can at Aldi.
- Buddy up with a friend split the cost (this project won’t require a whole bottle of everything).
- Consider purchasing in bulk and sharing with a group.

**PROCEDURES**

You can mix these together by hand or in a blender/bullet/food processor. My only suggestion would be to leave out the dried onion flakes when you blend it and mix those in afterwards. Otherwise, they become onion powder which doesn’t give it the same effect.

Store in an airtight container. These do not need to be refrigerated.
ITALIAN SEASONING

2 tbsp garlic powder
2 tsp onion powder
1 tsp red pepper flakes
5 tbsp oregano
½ tsp pepper
2 tsp thyme
2 tsp rosemary
6 tbsp parsley flakes
6 tbsp dried basil

USE: Add to olive oil & vinegar to make dressing. Use in Pizza (crust and sauce) and to make your own spaghetti sauce (by mixing with tomato sauce and tomato paste). Also use for Cream of Whatever Soup below.

YIELD: 15 tbsp
SERVING: 1 tbsp; 12 cal, 3c, of, 1p
MFP: MyMacroTools Italian Seasoning

DRY RANCH MIX

1/3 C powdered non-fat dry milk
2 tsp dried onion flakes
2 tsp onion powder
2 tsp garlic powder
1 tsp salt
1 tsp pepper
1.5 tsp dill weed
2 tbsp parsley flakes
1 tsp dried chives
USE: 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 greek yogurt or mayo and 1/3 cup milk or water, and whisk to combine. Use in Buffalo Chicken Dip, Taco Soup, or Cheeseburger Pie.

YIELD: 10 tbsp
SERVING: 1 tbsp; 15cal, 3c, 0f, 1p
MFP: MyMacroTools Dry Ranch Mix

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**TACO SEASONING**

1/2C + 2 tbsp chili powder
2.5 tsp garlic powder
2.5 tsp onion powder
2.5 tsp red pepper flakes
2.5 tsp oregano
5 tsp paprika
1/4C + 1 tbsp cumin
1.5 tsp (more to taste) salt
3 tbsp + 1 tsp pepper

USE: Add 2-3 tbsp of taco seasoning and ½ C water to each pound of meat to season for tacos. Simmer until most of the liquid evaporates. Also use in Taco Soup.

YIELD: 24 tbsp
SERVING: 1 tbsp; 9c, 1f, 1p
MFP: MyMacroTools Taco Seasoning

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**ONION SOUP MIX**

1C beef bouillon granules
2C dried onion flakes
2 tsp onion powder
1 tsp paprika
1 tsp pepper

Spice It Up
1 tsp celery seed
2 tsp parsley flakes

USE: 6 tbsp will replace one packet of onion soup. Mix with greek yogurt for a great veggie dip. Use in sauces and stews. Use with Pot Roast & Veggies.

YIELD: 50 tbsp
SERVING: 1 tbsp; 17cal, 4c, 0f, 0p
MFP: MyMacroTools Onion Soup Mix

CREAM OF WHATEVER SOUP

2C powdered non-fat dry milk
3/4C cornstarch
1/4C chicken bouillon granules
2 tbsp dried onion flakes
2 tsp Italian seasoning

USE: Combine 1/3 cup of dry mix with 1 1/4 cups of cold water. Whisk until well blended. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup. Use with Pot Roast & Veggies or any recipe where cream of (anything) soup is required.

YIELD: 3 cups
SERVING: 1/3C; 111cal, 21c, 0f, 5p
MFP: MyMacroTools Cream of Whatever Soup

MEDITERRANEAN SEASONING

1 tbsp oregano
2 tbsp cumin
½ tsp salt
2 tbsp ground coriander
3 tbsp rosemary
2 tsp cinnamon
USE: Mix 4 tbsp of Mediterranean seasoning with 2 tbsp olive oil and 1 tbsp balsamic vinegar to make Mediterranean Dressing or to use in Mediterranean Chicken. Wonderful to simply shake onto veggies or meats or in Hash.

YIELD: 8+ tbsp
SERVING: 1 tbsp; 19cal, 3c, 1f, 1p
MFP: MyMacroTools Mediterranean Seasoning

SEASONED SALT

½ tsp garlic powder
½ tsp red pepper flakes
½ tsp oregano
2.5 tsp paprika
5 tbsp salt
1/8 tsp dill
½ tsp thyme
½ tsp curry powder
1 tsp dry mustard
½ tsp celery seed
2 tbsp parsley flakes

USE: As you would any seasoned salt. Great on eggs (like these Egg Cups), popcorn, to season dishes in place of salt.

YIELD: 28 tsp
SERVING: 1 tsp; 6cal, 1c, of, op
MFP: MyMacroTools Seasoned Salt

RECIPES ADAPTED FROM:

http://www.rachelcooks.com/2013/03/25/homemade-taco-seasoning-large-batch/
http://www.gimmesomeoven.com/homemade-ranch-seasoning-mix/
http://www.onehundreddollarsamonth.com/easy-kitchen-tips-italian-seasoning-recipe/
http://allrecipes.com/recipe/217155/dry-onion-soup-mix/
http://www.onegoodthingbyjillee.com/2012/03/soup-or-sauce-sos-mix.html
http://marmeespantry.blogspot.com/2010/01/homemade-seasoned-salt.html?m=1

THANKS!

We appreciate you trusting us with your kitchen adventures. If you have questions or concerns, please contact us at hello@mymacrotools.com. Follow us on Instagram @MyMacroTools and sign up for our newsletter at www.macrotools.com for more recipes, meal prep ideas, and updates. Thank you!