

Seasoning Blends

Homemade seasoning blends are a great cost-saving (and space-saving) strategy, and can be customized to omit flavors you don't care for, or adapted to meet medical-related goals (like halving or omitting salt or sugar). I like to make a large batch and write the recipe on a slip of paper that I keep in the storage container with the blend, so I can make more when it runs out. Here are some favorites:

Taco/Fajita seasoning (makes enough to season 1 to 2 lbs of meat):

- 1 tbsp chili powder (any variety)
- 2 tsp cumin
- 1 tsp paprika (sweet, spicy, or smoked)
- 1 tsp salt
- 1 tsp ground black pepper
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp oregano (ground or flaked)
- 1 pinch red pepper flakes

Barbecue dry rub (enough to season 3-4 lbs of meat):

- ¼ cup brown sugar
- ½ tbsp salt
- ½ tbsp garlic salt
- 2 tsp ground black pepper
- 2 tsp smoked paprika
- 2 tsp onion powder
- 1 tsp ground mustard
- ½ tsp white pepper
- 1 tsp chili powder (any variety)

Jerk seasoning (enough to season 2-3 lbs of meat):

- 1 tbsp onion powder
- 1 tbsp garlic salt
- 2 tsp cayenne pepper
- 2 tsp black pepper
- 2 tsp thyme
- 2 tsp sugar (brown or white)
- 1 tsp allspice
- 1 tsp parsley flakes
- 1 tsp paprika
- ½ tsp red pepper flakes
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground cloves
- ¼ tsp ground cumin

Garam Masala (used in Indian recipes like curries as part of the cooking sauce):

- 1 tbsp cumin
- 2 tbsp coriander
- 2 tsp cardamom
- 1 ½ tsp cinnamon
- 1 tsp black pepper
- ½ tsp nutmeg
- ½ tsp cloves
- ½ tsp cayenne pepper