

# 8 Herb & Spice Blends

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## Cajun Spice Blend



1 tbsp  
paprika



2 tsp ground  
black pepper



1 tsp  
garlic  
powder



1 tsp  
onion  
powder



1 tsp dried  
thyme



1/2 tsp  
cayenne  
pepper  
(optional)

Great on chicken, fish, shrimp, cauliflower and baked sweet potatoes.

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## Greek Seasoning



1 tsp  
garlic powder



1 tsp  
onion powder



1 tsp  
dried oregano



1 tsp dried  
lemon peel  
(Lemon zest)



1/2 tsp  
ground black  
pepper

Great as a rub for roasted leg of lamb, pork, beef roasts, and potatoes. Also great as a salad dressing or marinade (mix 2 tablespoons with 1/2 cup oil and vinegar dressing).

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## Thai Spice Blend



1 tsp  
chile powder



1 tsp ground  
cardamom



1 tsp ground  
coriander



1 tsp ground  
ginger



1 tsp  
lemongrass  
powder

Great on fish and sautéed vegetables.

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## Mexican Spice Blend



2 tsp  
chile  
powder



1 1/2 tsp  
ground  
cumin



1/2 tsp  
garlic  
powder



1/2 tsp  
onion  
powder



1/2 tsp  
sweet  
paprika



1/4 tsp  
ground  
oregano



1/4 tsp  
cayenne  
pepper

Great on ground beef or chicken in tacos, or steak and salmon.

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## Moroccan Spice Blend



½ tsp  
ground  
coriander  
seeds



½ tsp  
ground  
ginger



½ tsp  
turmeric



½ tsp  
ground  
cinnamon



¼ tsp  
ground  
black pepper



¼ tsp  
cayenne  
pepper

Great in stews and tajines, chicken, and vegetables (like eggplant).

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## Tandoori Spice Blend



2 tsp  
sweet  
paprika



1 tsp  
ground  
coriander



1 tsp  
cumin



1 tsp  
ground  
ginger



½ tsp  
cardamom



½ tsp  
garlic  
powder



¼ tsp  
cayenne  
pepper

Great as a rub for meats before grilling, or on pita wedges before baking.

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## Poultry Seasoning



1 tsp ground  
marjoram



1 tsp ground  
sage



1 tsp ground  
thyme



¼ tsp  
crushed  
celery seed



¼ tsp  
ground  
rosemary



¼ tsp  
ground black  
pepper

Great on turkey, chicken, roasted veggies, veggie burgers, and soups.

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## Beef Seasoning



1 tbsp  
black  
pepper



1 tsp  
white  
sugar



1 ½ tsp  
onion  
powder



½ tsp dry  
mustard



1 tsp  
garlic  
powder



½ tsp  
ancho chili  
powder



½ tsp  
chipotle  
powder

Great on beef ribs, steaks, prime rib, and roasts.