

# Spice Mixes

Mix spices together in a small bowl. Store in an airtight container for up to 3 months.

## Italian Seasoning

- 1 Tablespoon dried basil leaves
- 1 Tablespoon dried oregano leaves
- 1 Tablespoon dried rosemary leaves
- 1 Tablespoon dried thyme leaves

## Jerk Seasoning

- 1 Tablespoon dried thyme leaves
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper

## Pumpkin Pie Spice

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg

## Taco Seasoning

- 4½ teaspoons chili powder
- 4½ teaspoons ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon salt



**To use taco seasoning:** In a large skillet, add 1 pound lean ground beef, turkey, or chicken. Cook, crumbling meat with a mixing spoon or rubber spatula, until no longer pink. Add 1 batch of seasoning (3 Tablespoons plus 1 teaspoon) and ¼ cup water. Stir to mix. Cook until water evaporates, about 1 minute.

## Herbs and Spices Around the World

As your cooking skills improve, try using new flavors to jazz up your favorite meals. Use the list below to test out flavors commonly used by cultures around the world.

Asian Flavors	Italian Flavors	Middle Eastern & African Flavors		Latin & Caribbean Flavors
Cinnamon Cloves Coriander Curry Ginger Hot Peppers Mint Mustard Seeds Turmeric	Basil Marjoram Oregano Rosemary Sage Thyme	Allspice Caraway Cardamom Cinnamon Cumin Curry Dill	Ginger Hot Peppers Marjoram Mint Paprika Parsley	Allspice Cinnamon Chili powder Cilantro Cumin Curry Hot Peppers Nutmeg Oregano