



Homemade Taco Seasoning:

From wellnessmama.com (larger batch and most like AP's taco seasoning):

- | | |
|-------------------------------|----------------------------------------|
| 1/4 cup chili powder (#1014) | 2 tsp. paprika (#1697) |
| 1/4 cup cumin (#1442) | 1/4 cup sea salt (#1146) |
| 1 Tbsp. garlic powder (#1021) | 1 tsp. ground pepper (#1029) |
| 1 Tbsp. onion powder (#1027) | 1 tsp. cayenne pepper (#1418) Optional |
| 1 tsp. oregano (#1445) | 1 Tbsp. dried chopped onions (#1026) |

Makes 1 cup of seasoning.

Add 3 Tbsp. plus 1/4 cup water to 1 lb. of ground beef.

<https://wellnessmama.com/>

Homemade Taco Seasoning (smaller batch):

- | | |
|-------------------------------|--------------------------------|
| 1 tsp. chili powder (#1014) | 1/4 tsp. sea salt (#1146) |
| 1 tsp. garlic powder (#1021) | 1/4 tsp. ground pepper (#1029) |
| 1/2 tsp. paprika (#1697) | 1/4 tsp. cayenne (#1418) |
| 1/2 tsp. cumin (#1442) | 1/4 tsp. oregano (#1445) |
| 1/2 tsp. onion powder (#1027) | |

This will season approximately 1 pound of ground beef (or other meat).

<https://realsimplegood.com/>

Homemade Chili Seasoning:

- | | |
|------------------------------|-------------------------------|
| 1 tbsp. chili powder (#1014) | 1/2 tsp. paprika (#1697) |
| 1 tsp. garlic powder (#1021) | 1/2 tsp. onion powder (#1027) |
| 1 tsp. cumin (#1442) | 1/4 tsp. thyme (#1444) |
| 1 tsp. oregano (#1445) | |

This will season 1 batch of chili using 1 pound of ground beef (or other meat).

<https://realsimplegood.com/>

Homemade Jerk Seasoning:

2 tsp. allspice
2 tsp. cumin (#1442)
2 tsp. coconut sugar
1 tsp. sage
1 tsp. thyme (#1444)

1/2 tsp. nutmeg (#8550)
1/2 tsp. sea salt (#1146)
1/4 tsp. cayenne (#1418)
1 lime, juice of

This will season approximately 2 pounds of chicken and works great as a marinade too.

<https://realsimplegood.com/>

Homemade Poultry Seasoning:

2 tbsp. thyme (#1444)
1 tbsp. rosemary
1 tbsp. sage
1 tsp. marjoram

1/2 tsp. ground pepper (#1029)
1/2 tsp. celery seed
1/2 tsp. nutmeg (#8550)

This makes a large batch of seasoning, enough to season 2 medium fryer chickens. Cut the recipe in half for a smaller batch that will season about 2-3 lbs of chicken breasts or thighs.

<https://realsimplegood.com/>

Homemade BBQ Seasoning:

1 tbsp. sea salt (#1146)
1 tbsp. ground pepper (#1029)
1 tbsp. chili powder (#1014)

1 tbsp. garlic powder (#1021)
1 tbsp. paprika (#1697)
1 tbsp. onion powder (#1027)

This is another large batch of seasoning, enough to season 2 medium fryer chickens. Cut the recipe in half for a smaller batch that will season about 2-3 lbs of chicken, fish, pork or beef. It is great on everything.

<https://realsimplegood.com/>

Homemade Italian Seasoning:

1-1/2 tsp. oregano (#1445)
1 tsp. parsley (#1426)
1 tsp. thyme (#1444)
1/2 tsp. basil (#1443)

1/2 tsp. sage
1/2 tsp. sea salt (#1146)
1/2 tsp. ground pepper (#1029)

Use this seasoning in pasta sauce, Italian dressing or as a seasoning for approximately 1 pound of chicken or fish.

<https://realsimplegood.com/>

Homemade Curry Seasoning:

1 tbsp. turmeric (#1832)
2 tsp. coriander
1-1/2 tsp. cumin (#1442)
3/4 tsp. ground mustard (#1428)

1/2 tsp. cardamom
1/2 tsp. ground cloves
1/2 tsp. nutmeg (#8550)
1/8 tsp. cayenne (#1418)

The next time you make curry, whip up a batch of this seasoning. Season to taste, as desired.

<https://realsimplegood.com/>

Homemade Southwest Seasoning:

1 tbsp. garlic powder (#1021)
1 tbsp. chili powder (#1014)
1 tbsp. onion powder (#1027)

1 tbsp. smoked paprika (#1002)
2 tsp. cumin (#1442)
1/2 tsp. chipotle powder

Try this smoky southwest seasoning on any of your favorite meats, it is excellent for grilling. This will season approximately 2-3 pounds of meat. It's also a great mix for homemade dips and dressings.

<https://realsimplegood.com/>

Homemade Ranch Seasoning:

1 tbsp. parsley (#1426)
1 tbsp. chives
1 tbsp. dill weed
2 tsp. garlic powder (#1021)

2 tsp. onion flakes (#1026)
2 tsp. onion powder (#1027)
1 tsp. sea salt (#1146)
1/2 tsp. ground pepper (#1029)

Use this homemade seasoning in place of pre-packaged ranch flavoring mix. It's excellent on chicken and pork chops too and will season approximately 2-3 pounds of meat.

<https://realsimplegood.com/>

Homemade Cajun Seasoning:

1 tsp. sea salt (#1146)
1 tsp. garlic powder (#1021)
1 tsp. smoked paprika (#1002)
1/2 tsp. oregano (#1445)

1/2 tsp. onion powder (#1027)
1/2 tsp. thyme (#1444)
1/4 tsp. black pepper (#1029)
1/4 tsp. cayenne (#1418)

This is a great Cajun blend to spice up any type of meat or seafood. We especially love it on shrimp and it will season approximately 1 pound of meat.

<https://realsimplegood.com/>

Homemade Fajita Seasoning

Ingredients

- | | |
|------------------------------|------------------------------------------|
| 1/4 cup Chili Powder (#1014) | 1 tbsp. Garlic Powder (#1021) |
| 2 tbsp. Sea Salt (#1146) | 1 tsp. Cayenne Powder (optional) (#1418) |
| 2 tbsp. Paprika (#1697) | 1 tbsp. Cumin Powder (#1442) |
| 1 tbsp. Onion Powder (#1027) | |

Instructions

Mix well in bowl or jar and store in airtight container until use. Use about 1 tsp.. per chicken breast or steak when making fajitas. I use for making Fajitas and Fajita Salads.

French Onion Soup Mix

Ingredients

- | | |
|---------------------------------------------------------------|------------------------------------------------------------------------------|
| 1/2 cup dried Onion Flakes or dehydrated onion slices (#1026) | 1 tsp. dried parsley leaf (#1426) |
| 1 tsp. Onion Powder (#1027) | 1 tsp. Himalayan or sea salt (optional but helps absorption of soup) (#1146) |
| 1 tsp. Garlic Powder (#1021) | 1 tsp. turmeric (optional but adds great flavor) (#1832) |
| 1/2 tsp. Celery Salt (#1427) | |
| 1/2 tsp. Ground Pepper (#1029) | |

Instructions

Use approximately 1/4 cup per 2 cups of beef stock (or bone broth) to make french onion soup (add 3-4 onions that have been very thinly sliced and slowly caramelized. To use as a mix, you can add 1/2 cup soy-free and MSG free beef bouillon powder and use as you would a packet of french onion soup pix (1/4 cup=1 package). Excellent on roasts, or use for making French onion soup. I also use as the seasoning for the meat in Shepherd's/Cottage Pie.

Adobo Seasoning

author wellness mama

yield 2 cups

Versatile adobo seasoning is great with meats, seafood, guacamole, soups, roasted vegetables and practically any other dish. I keep this delicious spice blend on hand and use it almost daily.

Ingredients

- | | |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1/3 cup garlic powder or granulated garlic (#1021 or #1948) | 1/4 cup onion powder (#1027) |
| 1/3 cup salt (#1146) | 3 Tbsp. white pepper (or black pepper, but I prefer the flavor of white pepper) (Black #1029) |
| 1/4 cup dried oregano (pulse in blender to make a rough powder if it is in big pieces) (#1445) | 2 Tbsp. paprika (#1697) |
| 1/4 cup turmeric powder (#182) | 1 Tbsp. Chili Powder (#1014) |
| | 1 tsp. ground cumin seed (optional) (#1442) |

Instructions

Make sure that all ingredients are finely ground/powdered.

Combine ingredients and mix well.

Store in an air-tight glass jar and use as desired on dishes.

Notes

If you prefer, you can omit the salt from this recipe and just add it as desired when using this spice.

<https://www.mom4real.com/50-easy-homemade-seasonings/>

<https://keeperofthehome.org/homemade-spice-mixes/>

From wellnessmama.com

Lemon Pepper

½ cup dried lemon zest (#1433)

6 Tbsp. ground black pepper (#1029)

5 Tbsp. sea salt (#1146)

Seasoned Salt

¼ cup onion powder (#1027)

¼ cup garlic powder (#1021)

¼ cup ground pepper (#1029)

2 Tbsp. chili powder (#1014)

3 Tbsp. paprika (#1697)

2 Tbsp. dried parsley leaf (optional)
(#1426)

1 Tbsp. ground Red Pepper flakes
(optional)

Allspice

1 Tbsp. cinnamon (#1005)

1 Tbsp. ground cloves

1 Tbsp. ground nutmeg

Pumpkin Pie Spice

¼ cup cinnamon (#1005)

1 tsp. ground ginger (#1420)

2 tsp. ground nutmeg

2 tsp. allspice

½ tsp. ground cloves (optional)

Herb and Spice Chart

Here is a convenient and printable list of herbs and spices and their uses.

Look for the predominate ingredient in your dish and flavor with fresh herbs and spices accordingly. Don't forget to sprinkle freshly chopped herbs on the finished dish.

Fresh Herbs - Flavor and Uses		Spices - Form, Flavor and Uses	
Basil	Sweet, sunny flavor versatile. Green beans, peas potatoes, chicken dishes, tomato sauces, salads. Only add at end of cooking time or on prepared dish	Allspice	Berries, ground. Similar to cloves and cinnamon combo, more complex. Cakes, cookies, relishes, tomato sauce, stew, chicken, lamb.
Bay Leaves	Pungent, mint like; dried leaves more widely available. Used in sauces, stews, gumbos; many varieties	Celery	Seeds, ground. Stronger then celery flavor. Salad dressings, potatoes, veggies, soups, beans, pork
Chives	Delicate onion flavor, never overpowering. Use at end of cooking or as final flavor garnish. Chop finely; snip with scissors. Great with eggs, salads, potatoes dishes, poultry, sauces	Chile Peppers	Ground, dried whole, pepper flakes. Made by grinding hot chilies. Countless types from many countries. Mild to blistering hot. Soups, stews, beans, sauces, poultry, greens; add to most foods for that extra kick
Cilantro	Fresh, aromatic, distinctive. Predominate in Mexican and Chinese cookery; salsas, chutneys, chicken, pork, salads, tacos	Chile Powder	Ground mixture commonly of chile peppers, paprika, cumin, black pepper. Spicy, hot or mild. Chili, beans, Mexican dishes. Buy high-quality
Dill	Pungent, tangy; dominate, use alone or with parsley. Seeds also have strong flavor.. Salmon, peas, eggplant, cabbage, cucumber yogurt sauces, salads, pickling; predominate in Mediterranean cooking	Cinnamon	Sticks/bark, ground. Pungent, sweet, hot. Fruit desserts, cakes cookies. Also try on pork, lamb, meat pies, curries
Marjoram	Oregano like but sweeter. Fish stews, stuffing's, carrots, greens, beans, egg dishes	Cloves	Whole or ground. Aromatic, sweet. Fruits, desserts, meats, curry, soups, beans, pork
Mint	Strong; sweet. Teas, desserts, lamb, fish, salads	Cumin	Seeds, ground. Bold, distinctive; can overpower. Chili, tacos, stews, cabbage, beans. Toast ground or seeds

Oregano	Earthy. Lamb, chicken, pork, seafood, eggplant, tomato sauces; excellent with lemon: Retains good flavor when dried	Curry	<i>Ground.</i> Mixture of numerous spices including cloves and cumin . Buy high-quality. Base spice for curries; use also in tomato sauces, stews
Parsley	Clean bright flavor. Good with almost any savory food; all seafood, beef, chicken, potatoes, sauces, soups, salads. Fresh is better then dried	Fennel	<i>Seeds, ground.</i> Licorice-like, stronger then fresh fennel. Bread, fish, Italian dishes, sausage, tomato sauces. Toast ground or seeds to enhance flavor
Rosemary	Fresh, piney, pungent; easily overpowers. Chop finely and use lightly. A must with poultry, potatoes, white beans, lamb, breads, fruit salads	Ginger	<i>Fresh root, ground, candied.</i> Pungent, spicy. Grate, mince to use in chicken, squash, sesame noodles, applesauce, chutneys, marinade. Ground and fresh have much different flavors. Predominate in Asian cooking.
Sage	Almost mint-like, slightly bitter; can overpower other herbs. Use whole stems in soups, stews, remove when done. Chop whole leaves in very thin strips. Pork, veal, sausages, poultry, stuffing, sauces. Dried herb has much different flavor	Mustard	<i>Seeds, ground.</i> Often hot, pungent. Several varieties available. Vegetables, stews, relishes, seafood, salad dressings. Seeds can be toasted to enhance flavor.
Savory	Reminiscent of thyme. Veal, pork, eggplant tomatoes, stuffing	Nutmeg	<i>Whole, ground.</i> Sweet, spicy, fragrant. Cakes, fruit, desserts, beans, sauces, cabbage, spinach.
Tarragon	Licorice, lemon flavor; strong. Use alone or with parsley; veal, chicken, potatoes, mushrooms, tomato dishes, vinaigrettes	Paprika	<i>Ground.</i> Made from red peppers. Can be mild or hot and pungent. Not just for garnish. Buy high-quality with fresh peppery aroma. Seafood, vegetables, eggs; almost anything
Thyme	Earthy, subtle, versatile; use whole sprigs in soups, stews. Pluck leaves and add at all stages of cooking. Excellent in most dishes especially seafood, poultry, pork, veal, tomato, vegetables, breads. Retains good flavor when dried	Pepper	<i>Whole berries, ground.</i> Most common of all spices. Hot peppers, sweet peppers and peppercorns are from same plant. Peppercorns are black, white and green--depends on level of maturity. Pink peppercorns are a distant relative. Use on everything including sweets and fruits. Buy a pepper mill and whole peppercorns. You'll be glad you did.



SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

MEXICAN



CARIBBEAN



FRENCH



NORTH AFRICAN



CAJUN



THAI



MEDITERRANEAN



INDIAN



MIDDLE EASTERN



COOKSMARTS helping home cooks live happier, simpler, smarter in the kitchen

To learn more about adding flavor to your meals visit cooksmarts.com/flavor



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Get Healthy!

5 Secrets to Quick, Easy, Meal Prep and Fun Keto Recipes

Great tips for successful meal prep:



Keep it

Don't try to make too many things in one day, it might be overwhelming. You don't need a different meal for every day, some things can be repeated.



Make a

Having a plan makes everything go more smoothly. There are many different things you can meal prep including snacks, breakfast, lunch and dinner. So make a plan before you get started.



Shop for

Alison's Pantry has so many delicious, healthy foods that are convenient and easy to use. Make sure you have everything you need before you begin your meal prep.



Maximize your efforts with

The crock pot can be cooking at the same time the Instant Pot is going and you can also use your frying pan. Be efficient with your cooking and get a lot more done in a short amount of time.



Measure and store in

One of the benefits of meal prep is that you are measuring and counting all at once so when it's time to eat you know your meals are already pre-portioned for exactly what you need. Alison's Pantry offers great meal prep containers. You can also find great containers in your cupboard or on amazon.

Keto Chicken Enchilada Bowl

Yield: 4-6

Ingredients

- 2-3 chicken breasts (about one pound of chicken) #5513
- 3/4 cups red enchilada sauce (I used Emma's Enchilada Sauce #1016
- 1/4 cup water
- 1/4 cup onion #5772
- 1 4 oz can green chilies
- 2 cups cauliflower rice #2743
- Preferred toppings- I used avocado, jalapeno, cheese, and Roma tomatoes
- Seasoning to taste



Instructions

1. In skillet over medium heat cook chicken breasts until lightly brown
2. (I cut each breast into 3 or 4 large pieces to cook faster)
3. Add enchilada sauce, chilies, onions, water and reduce heat to simmer, covered
4. Cover and cook until chicken is cooked through and shred chicken
5. Add chicken back into sauce and continue simmering for additional 10 minutes uncovered or until most of liquid has been soaked up
6. Prepare cauliflower rice per bag instructions and dice preferred toppings
7. Top rice with chicken, cheese, avocado or preferred toppings

Notes

The nutritional info is based on the brands and amounts I used and ONLY includes the chicken, enchilada sauce, onion, chilies and cauliflower rice. Enchilada sauce can vary greatly by brand or homemade ingredients; please import this recipe to your My Fitness Pal and choose your brands for more accurate information. No toppings have been included in these nutritional totals.

Nutrition

- | | | |
|----------------------------------|--------------------|---------------|
| • Serving Size: 1/4 recipe yield | • Fat: 2 | • Protein: 18 |
| • Calories: 120 | • Carbohydrates: 6 | |
| • Sugar: 2 | • Fiber: 1 | |

adapted from: <https://www.heyketomama.com/keto-chicken-enchilada-bowl>

Low Carb Muffin Tin Bacon Cheeseburger Meatloaf

Ingredients

- 1 lb. Main Street Meats ground beef #2622
- ½ cup of shredded cheddar #1866
- ½ cup pork rind crumbs or almond Flour
- ½ cup bacon pieces #5642
- ¼ cup mayonnaise
- 2 T. mustard
- ¼ cup tomato sauce
- 2 eggs
- 1 tsp. Ground black pepper # 1029
- 1 tsp. Onion flakes
- ½ tsp. Salt



Instructions

1. Preheat oven to 350°F.
2. Combine all of your ingredients in a large bowl, make sure to mix them up well, the key to having your meatloaf hold together is good binders but also getting them mixed throughout your ground beef.
3. Fill muffin tin cups with a nice rounded top, sprinkle with additional shredded cheddar cheese if you like. Even though I don't usually worry too much about portions we enjoy our meatloaf in these cute little muffin shapes because they are easy to serve and to eat!
4. Bake for 22-25 minutes.
5. Allow to cool for 2-3 minutes then remove from muffin
6. cup and allow excess grease to drain off.

** I always recommend scanning and measuring your products into MyFitnessPal or another similar app to make sure. Using the brands that I do – I came up that each little meatloaf (it makes six servings) has 385 calories, 30.9 g fat, 2.4 carbs, and 23.8 protein. I hope this helps.

Adapted From <<https://moscatomom.com/low-carb-bacon-cheeseburger-meatloaf/>>

Easy Taco Pie

8 servings

Ingredients

- 1 lb Main Street Meats ground beef #6222
- 3 tbsp taco seasoning #1037
- 6 large eggs
- 1 cup heavy cream
- 2 teaspoons garlic minced #1020
- 1/2 tsp salt
- 1/4 tsp pepper #1029
- 1 cup shredded Cheddar cheese #1866

Instructions

1. Preheat oven to 350F and grease a glass or ceramic 9-inch pie pan.
2. Brown ground beef in a large skillet over medium heat until no longer pink, about 7 minutes, breaking up clumps with the back of a wooden spoon.
3. Add taco seasoning and stir until combined, then reduce heat to medium low and cook a few minutes longer until sauce is thickened.
4. Spread beef in prepared pie pan.
5. In a large bowl, combine eggs, cream, garlic, salt and pepper. Pour over beef.
6. Sprinkle with shredded cheese and bake 30 minutes, or until centre is set and cheese is browned.
7. Remove and let sit 5 minutes before slicing and serving.
8. Top with sour cream, chopped tomatoes and chopped avocado, if desired.

Nutrition Facts

Easy Taco Pie

Amount Per Serving (1 slice (1/8th of pie))

Calories 370 Calories from Fat 250

% Daily Value*

Total Fat 27.8g **43%**

Total Carbohydrates 2.14g **1%**

Dietary Fiber 0.19g **1%**

Protein 24.1g **48%**

* Percent Daily Values are based on a 2000 calorie diet. Adapted From <<https://alldaydreamaboutfood.com/low-carb-easy-taco-pie/>>

Easy Cashew Chicken

Servings:3

Ingredients

- 3 raw chicken thighs boneless, skinless #2472
- 2 tbsp canola oil(for cooking)
- 1/4 cup raw cashews #9116
- 1/2 medium Green Bell Pepper
- 1/2 tsp ground ginger #1420
- 1 tbsp rice wine vinegar
- 1 1/2 tbsp soy sauce
- 1/2 tbsp chili garlic sauce
- 1 tbsp minced garlic #1020
- 1 tbsp Sesame Oil
- 1 tbsp sesame seeds #4508
- 1 tbsp green onions



- 1/4 cup chopped onion #5772
- Salt + Pepper

Instructions

1. Heat a pan over low heat and toast the cashews for 8 minutes or until they start to lightly brown and become fragrant. Remove and set aside.
2. Dice chicken thighs into 1 inch chunks. Cut onion and pepper into equally large chunks.
3. Increase heat to high and add canola oil to pan.
4. Once oil is up to temperature, add in the chicken thighs and allow them to cook through(about 5 minutes).
5. Once the chicken is fully cooked. Add in the pepper, onions, garlic, chili garlic sauce and seasonings(ginger, salt, pepper). Allow to cook on high for 2-3 minutes.
6. Add soy sauce, rice wine vinegar, and cashews. Cook on high and allow the liquid to reduce down until it is a sticky consistency. There should not be excess liquid in the pan upon completing cooking.
7. Serve in a bowl, top with sesame seeds and drizzle with
8. sesame oil. Enjoy!

Adapted From <<https://www.ketoconnect.net/easy-cashew-chicken/>>



New Smaller Pack Sizes!

The #1 request in our most recent survey was for smaller pack sizes. We're happy to announce that we are now offering new, smaller pack sizes on 20 of our bestselling products.

Potatoes

3/8" Regular Cut French Fries	#1213 5 lb. bag...\$5.99
Gold Sweet Potato Coated Fries	#1211 2.5 lb. bag...\$7.99
Quincy Gold Taters Frozen Potatoes	#3475 GF 5 lb. bag...\$7.99
Quincy Gold Loose Shredded Hash Browns	#2421 GF 3 lb. bag...\$5.99
Three Cheese Twice Baked Potatoes	#1157 12 / 5 oz. pack...\$11.99
Golden Hash Brown Patties	#2427 GF 2.8 lb. bag...\$5.99
Roasted Garlic Mashed Redskin Potatoes	#1278 4 lb. bag...\$9.99



Desserts

Chocolate Chip Cookie Dough	#1316 60/1 oz. pucks...\$11.99
Cinnamon Rolls	#1315 15/4 oz. rolls...\$10.99
Peanut Butter Crispy Bars	#1303 1/4 sheet pan...\$9.99
Mini Chocolate Chip Cookies	#1322 2 lb. bag...\$9.99
Strawberry/Cream Cheese 'Strudel Bites'	#1177 63/.8 oz bag...\$9.99
Cherry Turnover	#1168 15 turnovers...\$11.49
Apple Turnover	#1169 15 turnovers...\$9.99
Blueberry Turnover	#1170 15 turnovers...\$11.49



Rolls

Sweet Yeast Steak House Rolls	#1066 5.5 lb. bag...\$9.99
Parkerhouse Rolls	#1136 60 ct. bag...\$7.99
Beehive Rolls	#1084 24 / 2.5 oz. pucks...\$10.49
Buttermilk Biscuits	#1321 18/2.25 oz. IW...\$6.99



Other

Fiesta Guacamole	#1060 12 oz. tub...\$5.99
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