



Spices

www.alisonspantry.com

Spices add sweet or savory flavor to recipes without adding extra fat, and spice blends can offer one-step seasoning for easy meals. Alison's Pantry spices are packed fresh for our orders which means potent flavor as well as unbeatable value for our customers.



1439 AP Alum Powder

For use in canning to keep produce firm and crispy. Use 1/4 tsp. alum per pint of brine solution.

1001 AP Apple Pie Spice

A blend of cinnamon, nutmeg, allspice and ginger--some of fall's best flavors in one container. Perfect for apple and sweet potato desserts.

5990 AP Applewood Seasoning Rub

Spice up your next barbeque with our special blend of seasonings that adds a hint of smoky flavor.

Directions: Coat with olive oil, generously sprinkle and allow 30 min. to work into beef, chicken, pork, potatoes or vegetables. Prepare your favorite way, roast, grill, or stovetop.

7664 AP Baja Chili Lime Seasoning

The kick of chili peppers with the zing of lime brings the perfect seasoning to shrimp, chicken, beef, and fish for any South of the border recipe.



1443 AP Basil Cut & Sifted

Essential for Italian dishes. Pairs well with oregano, lemon, garlic, & thyme flavors.

1753 AP Bay Leaves

- Flavor increases upon standing so remove Bay Leaves from food when cooking is completed.
- Use in your favorite recipes for chowders, soups and

stews.

- Use in long-simmering sauces and slow cooker recipes.
- When preparing mashed potatoes, add 2 Bay Leaves to the cooking water. Remove before mashing potatoes.

7378 AP Carne Asada Seasoning

Great for family fiesta night! Use this one-step seasoning for zesty carne asada meals at home. Enjoy as a dry rub, or as a marinade with just the addition of water. To make into a marinade, add water to the spice until desired consistency is achieved.

1427 AP Celery Salt

Use in your favorite recipes for coleslaw, deviled eggs, chicken, macaroni, potato or tuna salads.



1014 AP Chili Powder Mild

A mild peppery blend of ground chili pepper, salt, cumin, oregano and garlic; great on meat and veggies. Brush ears of corn with a mixture of ½ c. lime juice and 1 Tbsp. chili powder before grilling. So flavorful, there's no need for butter!

1015 AP Chili Seasoning Mix

Cook up your favorite chili recipe using our spicy blend of chili seasonings. Just the right amount of kick for robust chili that warms you from the inside out.

Cooking Directions: Brown 1 lb. of ground beef, drain fat. Stir in 3-4 Tbs of Chili Seasoning (or to taste), (2) 8 oz cans of tomato sauce and (1) 16 oz can of kidney beans. Bring to a boil, cover and simmer 10 min. 4 servings

3819 AP Cilantro Dried

Also known as coriander, this spice is a staple for Mexican cooking. Add flavor to salsa, guacamole, tortilla soup, and more.

1005 AP Cinnamon Ground Korintji

Also known as Indonesian Cinnamon or Cassia; offers smooth, sweet taste and fragrant, spicy flavor. This is the most common cinnamon used in the USA.

3626 AP Cinnamon Ground Saigon

Generally considered to be the best cinnamon in the world. Saigon Cinnamon has a high concentration of oil which yields its strong aroma and intense sweet taste that bakers love. Only a little bit of our quality cinnamon is needed to add dense, warm flavor to dishes. Saigon cinnamon is also believed to aid digestion, decrease inflammation, and promote healthy sugar metabolism.

- 1/2 tsp. of cinnamon per day can help lower bad cholesterol
- 2 tsp. cinnamon can add up to 2.5 grams of fiber
- Natural cure for headaches and migraines, and may lower fever
- The smell of cinnamon alone can boost brain function and memory

1004 AP Cinnamon Sticks 2 3/4 in.

Fragrant sticks of rolled cinnamon bark with a warm, woody aroma. Intended for potpourris, simmering, and crafts.



3894 AP Cinnamon-Vanilla French Toast Sugar

1536 This blend made of Saigon Cinnamon, sugar and vanilla flavoring is delicious caramelized on fresh peaches or pineapple on the grill. Also perfect for sprinkling on the top of Dutch Oven Peach Cobbler.

Also use this sweet sprinkle for coating holiday cookies, shaking on French Toast, and rolling into cinnamon rolls.

5191 AP Crock Pot Pulled Pork BBQ Seasoning

Saucy, mouthwatering pulled pork is so simple with our crock pot blend. Combine it with brown sugar, ketchup and cider vinegar, pour over a pork shoulder in the slow cooker, and cook on low. Shred pork and enjoy!

1442 AP Cumin Ground

We love cumin's rich, smoky flavor in Mexican and Indian recipes, especially on meats and beans. It also provides multiple health benefits:

- 1 tsp. provides 4 milligrams of iron
- Improves blood pressure
- Kills bacteria in foods
- Store in the freezer to maintain potency.

1419 AP Curry Powder Mild

Mixture of turmeric, chili powder, ground coriander, ground cumin, ground ginger, and pepper. A staple for Indian dishes.



1530 AP Dill Seed Whole

Add to soups and stews for flavor or to the cooking water when you boil potatoes.

Dill seeds can be used whole or crushed, and are often used in bread, soups, vegetable dishes, and pickles. They can also be used in salad dressings, or to make dill vinegar.

1856 AP Dill Weed Premium

The dried leaves of the dill weed plant. For a delicious veggie dip, mix 1 tsp. Dill Weed, 1 tsp. Celery Salt, 1/8 tsp. Onion Powder with 1 cup sour cream.

1421 AP Dilly Dill Dip Mix

This delicious dill dip mix is a treat with fresh sliced vegetables, chewy sourdough bread, or battered fish. Just add 2 rounded Tbsp. seasoning to 16 oz. of sour cream and 1/2 c. mayonnaise and chill for 1 hour. The dry mix can also be sprinkled over raw fish as a seasoning, or stirred into our Beer Bread Mix for Dilly Bread.

3232 AP Dried/Diced Celery

Celery is an essential ingredient of soup stocks and of the mirepoix blend of celery, carrot, and onion that is the key part of so many savory dishes.

Rehydrate for best results.



1016 AP Emma's Enchilada Seasoning

No need to store cans of enchilada sauce! Just add tomato sauce and water to our dry mix to make as much smooth, flavorful sauce as your recipe requires.

Directions: In a saucepan, combine 8 tsp of seasoning mix 1 (8 oz) can of tomato sauce and 1-1/2 cups of water. Bring to a boil; simmer 5 min. Set aside. Add 1/2 cup sauce to 1 lb of ground beef. Use remaining sauce for tortillas.

1017 AP Fabulous Fajita Seasoning

Add 3-5 Tbsp. of this Southwestern blend to 1 lb. of chicken, beef, or pork before cooking for effortless fajitas...a restaurant favorite at home!

1441 AP French Fry Seasoning

Give your next batch of French fries a little kick with this savory blend of salt, onion, garlic, chili powder, and a hint of hickory smoke flavor.

5408 AP Garlic & Herb Seasoning

Flavorful blend of salt, brown sugar, garlic, onion, and spices adds perfect flavor to savory dishes.



1948 AP Garlic Granules

Use 1 tsp. of Garlic Granules (#1948) for each clove and add robust flavor without adding the chunky texture of chopped cloves to sauces or spreads. Allow 20 minutes of cooking for the recipe to reach full flavor.

1020 AP Garlic Minced

Dried minced garlic pieces

1018 AP Garlic Pepper

Kicky one-step blend to add the flavor of salt, garlic, pepper, onion, and red and green bell pepper.

3629 AP Garlic Pepper Coarse Grind

Coarser version of #1018. Great on steaks!

1021 AP Garlic Powder Premium

Just 1/8 tsp. of Garlic Powder (#1021) can replace a clove of fresh garlic in a recipe. It can also add flavor without adding additional sodium, and is great in recipes for meat rubs.

1019 AP Garlic Salt Classic Blend

Seasoned salt made by combining high-quality ground garlic and table salt.



6112 AP Garlic Supreme

2592 Our blend of garlic, onion, parsley and chives is a customer favorite. Sprinkle it in soups or on vegetables, or use it as a rub on meats. It's also a flavorful topping on breads. Combine Parmesan Cheese and Garlic Supreme to top homemade dinner rolls

5485 AP Ginger Crystalized

2" sliced pieces. Ingredients: Ginger, Cane Sugar

1420 AP Ginger Ground

Ginger root is considered one of the world's healthiest foods, but it's also one of the season's favorite flavors for gingersnaps, cakes, and gingerbread. You'll love the difference our fresh, potent ground ginger makes in your favorite recipes.

5571 AP Ground Rosemary

Add powerful peppery pine and sage flavor to a wide variety of recipes. Stir in tomato sauces at the end of cooking for best flavor, use for meat rubs, or blend into breads and pastas.

8247 AP Hamburger Seasoning

A savory blend of onion and spices with smoky grill flavoring that quickly perks up ground beef or turkey. You can mix it into the meat when forming patties, or sprinkle a little on top for added flavor. Make tasty burgers in a snap.

1670 AP Hearty Bean Seasoning

A steaming bowl of nicely seasoned beans with corn bread is a favorite comfort meal.

Directions: Add ¼ C seasoning to 1 lb brown or navy beans. Simmer on low until tender.



1540 AP Homestyle Stew Seasoning

Just add the meat and veggies, and this blend brings the flavor. A savory blend of spices that also helps to thicken stew recipes. Season stews effortlessly and enjoy one of Fall's favorite comfort foods.

Cooking Directions:

1. Brown 2lbs stew beef, add onions and cook until soft.
2. Add 3 C water and 3 Tbsp seasoning, cover and simmer for 1 hr.
3. Add 4 C vegetables and simmer 45 min. or until tender. **Makes 8- 1 C servings.

1432 AP Italian 'N Pizza Seasoning

Generously sprinkle over pizza, salads, pretzels and bread--to taste.

1698 AP Italian Salad Dressing Seasoning

This blend is a Summer staple for speedy pasta salads, or dressing for fresh green salads. Just add water, cider vinegar, and oil, and mix. Don't just put it on your salad, this is a great marinade for chicken and fish too!



1022 AP Leah's Lemon Pepper

The perfect marriage of zesty lemon and black pepper that gives chicken a citrus kick. Lemon Pepper Chicken is great paired with rice and steamed vegetables, or diced and added to a crisp green salad.

2589 AP Lip Smackin' Chipotle Ranch Dip

Directions: Add 1 Tbsp of mix to 8 oz of sour cream, mix, chill for 30 minutes and serve.

1582 AP Mom's Meatloaf Seasoning

Our tangy blend is the perfect upgrade to your traditional meatloaf recipe.

Directions:

Add 1/4 cup meat loaf seasoning to 1 1/2 lb lean ground beef, 1/4 cup plain bread crumbs, 3 large eggs. Mix and pat into loaf.

Bake at 350°F for 1 hr and 15 minutes.

7746 AP Montreal Chicken Seasoning

Kick up the flavor of poultry, pork, seafood or vegetables by shaking on this savory blend of garlic and herbs. You can also combine this seasoning with oil and white vinegar for a flavorful marinade.



1023 AP Montreal Steak Seasoning

4227 A savory, peppery blend that's essential for red meats. Shake it on steaks and hamburgers, or stir into meatloaf. Great for all red meat. Coarse ground spice blend.

2816 AP Mucho! Mexican Seasoning Mix

All purpose Mexican blend for everything from chicken, beef and seafood, to eggs and vegetables. Add to chili, soups, and stews. Adds a 'kick' in meatloaf and 'zip' in BBQ Sauce. Use 2-3 Tbsp. to taste.

1672 AP Mushroom Soup & Stroganoff Mix

Our customers consider this mix a pantry staple and we agree! Use it for sauces and gravies, and to season and thicken various recipes.

Directions for mushroom soup:

1. Thoroughly blend 2 oz (1/3 cup + 1Tsp) mix with 3 cups water.
2. Bring to a boil, stirring frequently.
3. Reduce to a low simmer for 3 min.

1428 AP Mustard Seed Powder

Use ground mustard in bean, cheese, ham and pork dishes, chowders, cocktail sauce, deviled eggs, barbecue sauces and in soups.

1857 AP Mustard Seed Whole Yellow

Add 1 tbsp. to 3 lbs. corned or boiled beef.

Use in bread and butter pickles, chow-chow or vegetable relishes.

1037 AP Ole' Taco Seasoning Mix

1846 Add 3-5 Tbsp. of our flavorful taco seasoning to beef, chicken, pork, or turkey to create your favorite Mexican recipes. Also works well for a taco dip when mixed with mayo and sour cream. MSG Free!

Cooking Directions: Brown hamburger or ground turkey and drain fat. Add 3-5 TBSP seasoning and 1-2 TBSP water to 1 pound meat; heat through.

1026 AP Onion Chopped

1847 Dried chopped onion is so versatile in so many recipes, and no tears during prep! 1 tablespoon dried onion is equivalent to 1/4 cup minced fresh onion. Rehydrate using warm water. Measure equal amounts of water and onion as needed, and let onions sit for 20 minutes. If you're making soup or stew, the onion can be used as is.

1027 AP Onion Powder Premium

Use onion powder in place of onion in any instance. Substitute 1 tsp. of onion powder per every small onion or 1/3 cup of chopped onion a recipe calls for. Add onion powder to food during the final 15 minutes of cooking, even when a recipe calls for onion to be included earlier on.

1024 AP Onion Salt Classic Blend

It reconstitutes in liquid providing fresh onion flavor to your recipes, even if you don't have fresh onions on hand. Great on hamburgers, poultry, or seafood before grilling.



1025 AP Onion Soup & Dip Mix

1845 We consider this versatile blend to be a pantry staple! Add this seasoning to meatloaf, stews, pot roast, French Onion Soup, or Creamy Onion Dip.

For Soup: Mix 1 Tbsp. soup mix in 1 c. water. Bring to a boil, lower heat and simmer 6-8 min.

For Dip: Add 1/4 c. to 16 oz. sour cream. Mix well.

Or, mix 1 c. water and 1/2 cup Onion Soup & Dip Mix, pour over a beef roast in the slow cooker, and make perfectly seasoned gravy for mashed potatoes.

1669 AP Orange Zest Granules

Our sweet orange zest makes it convenient to add a pinch of citrus flavor to icings, quick breads, and other baked goods. Also adds a special touch to holiday jams. Save time by simply reconstituting.

1445 AP Oregano Mediterranean

Cut and sifted Mediterranean Oregano

1697 AP Paprika Mild

Shake paprika over soups and salads, and of course on traditional deviled eggs. Paprika also adds milder flavor and color to chili, soup, and stew.

1426 AP Parsley Flakes

Customers love the bright green look of our fresh dried parsley flakes. They add color and healthy flavor to recipes. Parsley contains more Vitamin C than most citrus fruits and can boost the immune system to resist germs.



1028 AP Pepper Black Coarse

Spicy tabletop staple for sprinkling and seasoning.

1029 AP Pepper Black Table Grind

1843 Taste the difference that freshness makes! Our zippy black pepper tastes freshly-ground, and is a great way to add flavor to entrees, sides, and recipes. It's also a delicious savings over grocery store pepper.

1030 AP Peppercorns Whole Black

The crisp, slightly spicy kick of pepper has made it the most common spice in the world. It brings a touch of heat to just about any savory application. To get the most flavor, freshly grind whole peppercorns with a pepper mill.



1423 AP Popeye's Spinach Mix

Just add 1 1/2 c. sour cream and 1 1/2 c. mayonnaise with 3/4 cup of Spinach Dip for a perfect spread for crusty breads, or fresh vegetables. Blend and refrigerate overnight for best flavor. Our customers also tell us they love to stir this mix into bread dough for a savory twist, and to add it to meatloaf.

1011 AP Poppy Seeds

Bursting with bold, nutty flavor, beautiful blue poppy seeds add both flavor and texture to yeast or quick bread loaves, breadsticks, and muffins.

1820 AP Pronto Potato Salad Seasoning

One step seasoning for perfect potato salad! Our blend of onion, celery, red bell pepper, and Dijon Mustard adds instant flavor. Just mix 2 1/2 Tbsp. with mayonnaise and pour over 6 cups of cooked potatoes. So simple!

3893 AP Rosie's Ranch Dressing & Dip

1032 Our mix makes a cool, creamy dressing, a favorite dip, or a flavoring for roasted vegetables, meats, breads, and even buttered popcorn.

Directions: Mix 6 Tbsp. of seasoning with 2 cups milk and 2 cups mayonnaise. Let set in refrigerator about 30 min to 1 hour.

Dressing will thicken as it sits. For even thicker consistency, reduce the milk measurement.

Try it on French Bread: Cut loaf in half horizontally and spread with softened butter, then sprinkle with our Rosie's Ranch Dressing. Cover in aluminum foil and place in 375 degree oven until heated. You now have delicious, wonderful, yummy Ranch Bread!!

3716 AP Royal Mulling Spice

Larger pieces of cinnamon sticks, orange peel, star anise, allspice, lemon peel, cloves, and cranberry are accented by vanilla in this blend for simmering in cider or scenting your home.



1701 AP Salad Sprinkles Supreme

Shake on salads, baked potatoes, or other vegetables for a zippy taste!

1898 AP Salsa Seasoning

A Summer staple to enjoy with garden tomatoes!

Directions: Thoroughly blend 3 rounded T. seasoning, or to taste, with 14.5 oz can of diced low sodium tomatoes or 3 cups fresh diced or pureed tomatoes. Chill for 30 minutes.

1849 AP Seasoning Salt

1033 An AP customer favorite, our Seasoning Salt is a one-stop shopping for easy seasoning. It combines salt, sugar, paprika, chili pepper, black pepper, thyme, sage, rosemary, celery, garlic and onion for perfect flavor for any savory dish. Some of our customers even love it on our Tater Tots! No MSG.

8169 AP Smoked Paprika

Smoked Paprika is made from pimiento peppers that have been dried and smoked on an oak fire and then ground to a fine powder. It's smoky, mild, and sweet and adds great depth of flavor to chicken, potato casseroles, chili, beef stew, tacos and other Mexican dishes.



4576 AP Smokey Maple Rub Seasoning

This sweet and savory blend is made with pure maple syrup granules combined with savory notes from garlic, onion, bell pepper, and hickory smoke flavoring. It brings warm smoky flavor to salmon, chicken, pork, and baked beans. No MSG

9227 AP Southern Belle Sweet BBQ Blend

The sweetness of honey granules combines with the kick of chili pepper and smoked paprika for a blend that'll make your next barbecue the height of hospitality. Enjoy on poultry and pork, or sprinkle into your favorite baked bean recipe.

2105 AP Spanish Rice Seasoning

A zippy blend of tomato powder, bell pepper, garlic, and paprika for the perfect side dish. Just add water and butter.

1035 AP Super E-Z Sloppy Joe Seasoning Mix

A tangy, sweet chili powder mix made to enhance the flavor of ground beef in Sloppy Joes. Just add water and tomato paste.

Directions: Brown 1 lb ground beef in skillet. Drain fat. Stir in 2-4 T (or to taste) sloppy Joe seasoning, one 6 oz can tomato paste and 1 1/4 C water. Bring to a boil, reduce heat and simmer for 10 minutes.



1036 AP Superb Spaghetti Seasoning Mix

1850 Rich Italian flavor for speedy sauce, or the base for your own custom recipe.

Directions: Add 5 Tbsp spaghetti seasoning to 1 (6 oz) can of tomato paste, 2-1/4 C water, 1 Tbsp butter or oil. Cover and simmer sauce 15 minutes, stirring occasionally. Serve over pasta. Makes 5 servings.

1896 AP Teriyaki Marinade & Rub

Used to season meat as a marinade or rub. 2.5 oz will season 3 lb. meat. To prepare marinade, use 2.5 oz. to 1 cup of water.

1444 AP Thyme Cut & Sifted

Cut and sifted Thyme

8204 AP Toasted Onion Powder

Enjoy a classic spice with an updated flavor. Compared to standard white- onion powder, our Toasted Onion powder adds "French" onion savor to roasts, chicken, dressings, and salads. 1/2 tsp. of onion powder adds the flavor of 1/4 c. freshly chopped onion to recipes. Add a little to cooking water for pasta or potatoes for added flavor.

1700 AP Tuna Salad Seasoning

Mix 2 Tbsp. Tuna Salad Seasoning with 3/4 cup mayonnaise to 12 oz can of tuna. Add water chestnuts and celery if desired.



1832 AP Turmeric Ground

One of the healthiest spices, turmeric adds color and aroma to dishes, and also imparts a host of medicinal benefits. Its warm, mildly peppery flavor is slightly similar to orange and ginger and often used in Indian cooking. Its anti-inflammatory benefits are believed to ease rheumatoid arthritis, irritable bowel syndrome, and cystic fibrosis.

Some researchers suggest pairing Turmeric with cauliflower for a dish that helps protect against prostate cancer.

Cut cauliflower florets in quarters and let sit for 5-10 minutes. Sprinkle with turmeric, and sauté on medium heat in a few tablespoons of chicken broth for 5 minutes. Remove from the heat and top with olive oil, sea salt and pepper to taste.

3628 AP Tuscan Herb Blend Seasoning

This savory blend of roasted garlic, sea salt, and bell peppers has a buttery undertone and a hint of citrus. Use it as a rub, or try it in our recipe for Creamy Italian Chicken.

4575 AP Ultimate Onion Blend

You'll love the aroma of this flavorful blend of coarse dehydrated minced onions and red bell peppers. Use it as a rub on meats, sprinkled over vegetables, or stirred into recipes. Use in place of fresh onions in hamburgers, meatloaf, etc.



2588 AP Yummy Guacamole Seasoning

Every backyard gathering needs a bowl of fresh guacamole. We keep it easy with this perfect blend.

Directions: Add 1 Tbsp. (or to taste) of mix to 2 whole avocados. Combine in a bowl using a fork. Chill for 30 minutes and serve.

1433 AP Zesty Lemon Zest

Add to baked goods, pastas and more.

1295 Kirkland No-Salt Seasoning

Organic blend of 21 spices and ingredients from around the world for sensational flavor without the salt. Great for meats! Kosher.

1635 Regal Spice Cream of Tartar

This fine white powder helps baked goods to rise well, gives whipped eggs volume, and keeps frosting and candies creamy by preventing crystallization of cooked sugar. Use it in icing for gingerbread houses.

1409 Regal Spice Celery Seed

Regal celery seeds are perfect for any kitchen that makes American or European dishes. This ingredient has a spicy, earthy flavor that can taste bitter, and it's perfect for making pickles, coleslaw, and cold salads as well as dishes featuring chicken, tomato, soy sauce, eggs, or vinegar. Its strong taste can be overpowering, however, and celery seed should only be used in moderation.

1147 Regal Spice Coarse Sea Salt

This coarse sea salt has larger crystals than table salt, but smaller crystals than its extra coarse counterpart, making it a great ingredient for almost any dish.

1074 Regal Spice Country Chicken Blend

Pre-mixed blend of thyme, sage, marjoram, rosemary, pepper, and nutmeg--perfect for seasoning any poultry dish. Ideal in pot pies, chicken soups, and stuffing for delicious country flavor.

1146 Regal Spice Fine Sea Salt

Thanks to the versatility of this sea salt, it can be used for almost any cooking or baking applications. Add it to salad dressings, sauces, soups, and stir fry, or mix it into brownie, cake, and cookie batters. You can even sprinkle it on top of soups, salads, and other entrees.

1620 Regal Spice Ground Cayenne Pepper

Ground hot chili pepper. Adds kick to chili, stews, dips, and even lemonade and desserts.

1517 Regal Spice Ground Cloves

Essential for holiday baking! Delicious in pumpkin pie, gingerbread, cookies or on glazed ham or sweet potatoes.

8550 Regal Spice Ground Nutmeg

Adds rich, earthy flavor. This fine grind is warm, sweet, and similar to the flavor of cinnamon, but with more of a bite.

1524 Regal Spice Ground White Pepper

Add the flavor of black pepper without the dark flecks. Ideal for light-colored foods.

1073 Regal Spice Honey Sweet Herb Blend

Flavorful blend of salt, spices, garlic, onion, and dried honey. Use it to add new, delicious flavors to baked chicken and ham, pork and beef, or mix it into bread dough for a wholesome taste. Also delicious on veggies!



1411 Regal Spice Pickling Spice Blend

Blend of mustard seed, pepper and spices for home canning use.

1012 Regal Spice Pumpkin Pie Spice

This warm blend of cinnamon, cloves, ginger, and nutmeg brings fresh, potent flavor to traditional pumpkin pies. It can also be used in place of cinnamon and other spices in quick bread and cookie recipes to add spicy flavor with one measurement. Gluten Free.

4508 Regal Spice Sesame Seeds

With a flat, oval shape and light coloring, white sesame seeds add satisfying texture to baked goods, hummus, salads, or Asian dishes. Adds a nutty flavor that improves both the taste and appearance of your foods. To release their full flavor, these seeds should be lightly toasted before being added to foods.

1002 Regal Spice Smoked Paprika

Regal smoked paprika has a warm, mildly spicy flavor. Mix it with butter or oil to season meat or mix it into curry, chili, soup, or stew for an added spicy flavor.



1412 Regal Spice Yellow Mustard Seed

Small round seed of the mustard plant. Can be ground and mixed with water and vinegar for homemade mustard or used in canning recipes.