

Ranch Dressing #1

- **2 tablespoons dried parsley**
- **1 1/2 teaspoons dried dill weed**
- **2 teaspoons garlic powder**
- **2 teaspoons onion powder**
- **2 teaspoons dried onion flakes**
- **1 teaspoon ground black pepper**
- **1 teaspoon dried chives**
- **1 teaspoon salt**

Ranch Dressing #2

2 Tbls onion powder
2 Tbls dried minced onions
4 Tbls minced fresh parsley
1 Tbls garlic powder
1 tsp paprika
¼ tsp cayenne powder
2 tsp salt
1/2 tsp pepper

Mix together and store in an air tight container.

For dressing: Mix 2 tablespoons dry mix with 1 cup mayonnaise and 1 cup buttermilk or sour cream.

For dip: Mix 2 tablespoons dry mix with 2 cups sour cream.
Mix up a few hours before serving, so the flavors all blend.

Taco Seasoning

Rachel Ray talked about how you should make your own taco seasoning because the stuff you buy in stores is full of sodium, preservatives, etc. This is just full of flavor. Simply spices!

- 1 T chili powder
- 1 T ground cumin
- 1 T garlic powder
- 1 T onion powder
- 1/4 - 1/2 T crushed red pepper

DRY ONION SOUP MIX

Dry Onion Soup Mix:

- 2/3 cup dried, minced onion
- 3 teaspoons parsley flakes
- 2 teaspoons onion powder
- 2 teaspoons turmeric
- 1 teaspoon celery salt
- 1 teaspoon sea salt
- 1 teaspoon sugar/ 1 packet of stevia
- 1/2 teaspoon ground pepper

Mix all ingredients in a jar, then give the jar a good shake.

I'd recommend shaking the jar to mix the ingredients well before each use.

Seasoning Salt

1/8 cup sea salt
1/8 cup kelp
1 Tbs dried parsley
1 1/2 tsp dried celery
1/8 tsp dill
1/4 tsp onion powder
1/4 tsp garlic powder
1 tsp paprika
1/8 tsp cayenne
1/2 tsp dried thyme
1/2 tsp dried marjoram
1/2 tsp curry powder
up to 1 tsp dry mustard, optional

Place all ingredients in a blender. You may wish to add ground, toasted sesame seeds as well. If you prefer different seasonings, make a swap wherever you prefer. If you prefer a less spicy seasoning mix, omit the cayenne and the curry.

Don't forget to use organic ingredients whenever possible!

Sweet BBQ Sauce

Ingredients:

2 tbs tomato sauce

2-4 tbs water

1/2 tbs minced onion

1/2 tbs apple cider vinegar

1/4 tsp liquid smoke

1/4 tsp paprika

1/4 chili powder

1/4 tsp cinnamon

1/8 tsp cloves

Stevia to taste

Salt and Pepper to taste

Combine all ingredients in saucepan and bring to a boil. Reduce heat and simmer for 20 minutes.