

Katherines Corner Homemade seasoning mixes. Migraine safe and salt optional recipes.



Each recipe requires a spice grinder (note- use a separate coffee grinder for your spices **DO NOT** use your regular coffee grinder) a small bowl, and a small airtight container. Each recipe make ¼ cup 😊

Homemade Salt-Free, Katherines Everything Seasoning Recipe

What you Need

- 1 tsp. basil (dried)
- 1 tsp. rosemary (dried)
- 1 tsp. oregano (dried)
- 1 tsp. thyme (dried)
- 1 tsp. parsley flakes (dried)
- 1 tsp. black peppercorns
- 1 tsp. celery seed
- 1 tsp. marjoram (dried)
- 1 tsp. red pepper flakes
- 3 tsp. garlic powder

Let's Make It!

Combine celery seeds, red pepper flakes, and peppercorns in the grinder, grind until fine, remove and place in a bowl. Add remaining ingredients to the bowl and blend well with a fork. Sprinkle on beef, poultry, or fish. Keep the remaining mix in an airtight container. it will keep for about 2 months. But you will use it so often it will not last long enough to have any leftover.

Katies TidBits, *to make it a bit spicier increase the pepper flakes to 2 tsp. and add 1/2 tsp. cayenne pepper. If you are not on a migraine safe diet add 1 tsp. onion powder.

Homemade Taco Seasoning Recipe

What You Need

4 Tbsp. chili powder
4 Tbsp. ground cumin
5 Tbsp. garlic powder
2 tsp. Parsley (dried)
2 Tbsp. crushed red pepper (dried)
1 Tbsp. paprika

Let's Make It!

Combine all ingredients well and sprinkle to taste (about 1 Tbsp per pound of meat) on your taco meat while cooking. Keep the remaining mix in an airtight container. It will keep for about 2 months.

Homemade Italian Seasoning (perfect for spaghetti, lasagna, and other yummy tomato-based recipes.)

1 Tbsp. garlic powder
1 Tbsp. oregano dried
1 Tbsp. parsley dried
1 tsp. basil dried
½ tsp. bay leaf dried
½ tsp. celery salt
1 Tbsp. granulated sugar (or sugar substitute)
2 Tsp. salt (optional)
1 tsp. black pepper (fresh ground peppercorns)
1 tsp dry basil

Let's make it! Add all ingredients and grind in herb grinder do not make into a powder. A few pulses to combine and break everything down is all you need.

***Katies TidBits**, If you are not on a migraine safe diet add 1/2 Tbsp. onion powder and reduce garlic powder to 1 1/2 Tbsp.

Poultry Seasoning Recipe

2 Tbsp. thyme (dried)
2 tsp Sage (dried) this is optional
2 Tbsp. rosemary dried
1 Tbsp. black peppercorns
2 tsp. Nutmeg
1 tsp Garlic powder
1tsp White pepper
1 Tbsp. marjoram

Let's Make It!

Add peppercorns, rosemary, sage, and thyme to the grinder grind until fine, remove and place in a bowl. Add remaining ingredients to the bowl and blend well with a fork. Use about 1/2 tsp per pound of poultry. Keep the remaining mix in an airtight container, it will keep for about 2 months.

***Katies TidBits** Sometimes I do not add sage. I add 1 Tbsp. parsley instead.

