

Seasoning Blends

Yield = 1 cup

Mixture	Salt	Pepper	Garlic Powder	Onion Powder	Ginger Powder	Curry Powder	Chili Powder	Cumin	Dry Mustard	Paprika	Oregano	Tarragon	Basil	Parsley
American	1T + 2 tsp	2T	3 ½ T	3 ½ T										1/3 Cup
Asian	2 tsp		2T + 1 tsp	½ Cup	1T + 2 tsp				1T + 2 tsp					1T + 2 tsp
Cajun	2T	2T + 2 tsp	1/3 Cup	1/3 Cup						2 tsp				
Curry	2 tsp	1 tsp	2 ½ T	3 T + ½ tsp	2 tsp	½ Cup						2 tsp		
Indian	2T + 2 tsp		1/3 Cup	2T + 2 tsp		1/3 Cup								
Italian	2 ½ tsp	1 ½ tsp	1/3 Cup + 2 T	1/3 Cup							1 T		1T	
Mexican	2T + 2 tsp		1/3 Cup	2 T + 2 tsp			1/3 Cup							
Tex Mex	1 T	1 1/2T	3T	¼ Cup			¼ Cup	2 tsp	1T + ½ tsp	2 tsp	1T + ½ tsp			

SEASONING VEGETABLES

50 ¼ Cup Portions

Product	Amount	Ginger Powder	Dill*	Tarragon*	Mint*	American	Asian**	Cajun	Curry	Indian	Italian	Mexican	Tex Mex	Water	Oil
Baked beans															
Dried	2 lbs					3T	6T		4 T		6T		5T	4 oz	2 oz
Canned	#10 (7 lbs)					3T	6T		4T		6T		5T	4 oz	2 oz
Black eyed peas															
Dried	2 lbs		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Frozen	5 lbs		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Canned	5 lbs drained wt.		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Broccoli (Chopped)															
Fresh	5 lbs trimmed 2.5 lbs stems plus 2.5 lbs florets equals 5 lbs					3T	6T		4T		6T		5T	4 oz	2 oz
Frozen	5 lbs 4.5 lbs thawed and cooked					3T	6T		4T		6T		5T	4 oz	2 oz
Carrots															
Fresh	5 lbs trimmed	1t	4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Frozen	5 lbs	1t	4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Canned	5 lbs drained wt	1t	4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Cauliflower															
Fresh	5 lbs (approx. 3.5 heads)		4T/2T			3T	6T		4T		6T		5T	4 oz	2 oz
Frozen	5 lbs					3T	6T		4T		6T		5T	4 oz	2 oz

Adapted from: Culinary Techniques for Healthy School Meals (2000) Creative Seasonings. National Food Service Management Institute.

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Product	Amount	Ginger Powder	Dill*	Tarragon*	Mint*	American	Asian**	Cajun	Curry	Indian	Italian	Mexican	Tex Mex	Water	Oil
Collard Greens															
Frozen	5 lbs					3T	6T		4T		6T		5T	4 oz	2 oz
Green Beans															
Fresh	5 lbs		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Frozen	5 lbs		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Canned	5 lbs drained wt (approx 1.6 #10)					3T	6T		4T		6T		5T	4 oz	2 oz
Green Peas															
Frozen	5 lbs		4T/2T	2T/1T	2T/1T	3T	6T		4T		6T		5T	4 oz	2 oz
Canned	5 lbs drained wt (approx 1 #10)		4T/2T	2T/1T	2T/1T	3T	6T		4T		6T		5T	4 oz	2 oz
Mixed Vegetables															
Frozen	5 lbs		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Canned	5 lbs drained wt 1 #10 can		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Potatoes, French Fries															
Frozen	4 lbs					3T		2T		2T		2T			
Spinach															
Frozen	6 lbs 14 lbs 13 oz cooked and drained wt					3T	6T		4T		6T		5T	4 oz	2 oz
Whole kernel corn															
Frozen	5 lbs		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz
Canned	5 lbs drained wt 1 #10 can		4T/2T	2T/1T		3T	6T		4T		6T		5T	4 oz	2 oz

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Dry Mix: Should be sprinkled over potatoes after they have been fried and

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*1st measurement is fresh, 2nd is dry.

**Asian recipe: Should use 1 oz sesame oil and 1 oz neutral oil like peanut or corn oil.

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