



A Nutrition Resource

HOMEMADE SEASONING MIXES

Homemade mixes can be lower in cost than store-bought alternatives. Some ingredients may be more costly, but provide many servings. Homemade seasoning mixes can be modified to suit your taste. In order to get the best flavor from the following mixes, store them in air-tight containers in a cool, dry place and use within six months.

Spaghetti with Spaghetti Seasoning Mix

Yield: 5 Servings | Serving Size: 2/3 Cup Sauce & 1 Cup Noodles

1-pound lean ground beef (15% fat or less)

1 16-ounce can tomato sauce (no salt added)

OR 1 can tomato paste and 3 cans water

1/3 cup *Spaghetti Seasoning Mix*

8 ounces whole wheat spaghetti noodles, cooked

- 1) Brown ground beef in a frying pan or skillet.
- 2) Add tomato sauce and seasoning mix.
- 3) Cook for 10 to 15 minutes or until steaming hot. Serve over cooked noodles.

Spaghetti Seasoning Mix

Yield: 1 1/2 Cups

1/2 cup Italian Seasoning

1/4 cup dried, minced onion

1/4 cup dried parsley flakes

1/4 cup cornstarch

2 Tablespoons red pepper flakes (optional)

2 teaspoons pepper

2 teaspoons salt

2 teaspoons garlic powder

Combine all ingredients in a bowl or plastic bag and mix well. Store away from sunlight in an air-tight container for up to 1 year.

Nutrition Facts	
5 servings per container	
Serving size	2/3 cup sauce, 1 cup noodles (312g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 60mg	20%
Sodium 280mg	12%
Total Carbohydrate 45g	16%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 5mg	30%
Potassium 735mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Store-bought seasoning mixes

If you decide to use store-bought seasoning mixes, look for mixes without salt and minimal added preservatives.

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Chili with Chili Seasoning Mix

Yield: 3 Servings | Serving Size: 1 Cup

2 cups cooked beans (kidney, black, pinto, etc.) (or canned, drained and rinsed)

1 cup frozen corn

1 14.5 ounce can diced tomatoes

2 Tablespoons *Chili Seasoning Mix*

- 1) Put the canned tomatoes (undrained), corn, cooked beans, and water into a large saucepan on medium heat.
- 2) Add the seasoning mix; stir and heat through. Serve immediately. Refrigerate any leftovers.

Tip: Other ingredients that may be added are cooked meat, chopped cooked onions, and/or lightly cooked bell peppers.

Chili Seasoning Mix

Yield: 1 1/2 Cups

¼ cup flour (white or whole wheat)

½ cup dried, minced onion

½ cup chili powder

1 teaspoon garlic powder

2 teaspoons ground cumin

2 teaspoons red pepper flakes

Combine all ingredients in a bowl or plastic bag and mix well. Store away from sunlight in an air-tight container for up to 1 year.



Nutrition Facts	
3 servings per container	
Serving size	1 cup (297g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 44g	16%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 4mg	20%
Potassium 614mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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