

20 "Must Have" Spices

for the frugal kitchen

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|--|---|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Nutmeg (whole or ground) |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Onion Powder (not salt) |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cinnamon (ground) | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cloves (ground) | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Crushed Red Pepper Flakes | <input type="checkbox"/> Red Pepper (ground) |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Garlic Powder (not salt) | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Sea Salt |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Thyme |

Common Spice Blends

- ** Black Pepper + Garlic Powder + (Lemon Juice)
- ** Oregano + Basil + Thyme + Marjoram + Rosemary + Sage
- ** Cinnamon + Ginger + Nutmeg + Cloves
- ** Chili Powder + Cumin + Oregano + Salt
- ** Chili Powder + Cumin + Red Pepper + Black Pepper + Paprika
- ** Rosemary + Thyme + Marjoram
- ** Chili Powder + Paprika + Salt + Black Pepper + Parsley + Crushed Red Pepper

A pinch of this & a dash of that adds spice to life! ~ www.realtheKitchenandbeyond.com