

[PALEO & AIP PANTRY STASH SESSION]

4 SEASONING MIXES

RANCH SEASONING MIX
GREEK SEASONING MIX
SAGE SAUSAGE SEASONING MIX
TANDOORI SEASONING MIX



WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making three Paleo and AIP-friendly, seed-free, and nightshade-free seasoning mixes.

HOW LONG CAN THESE BE STORED?

These store well in an airtight container for up to 1 year. They can be stored longer, but the flavors may get weaker over time.

HOW LONG DOES THIS SESSION TAKE?

This session will take about five minutes of hands-on time for EACH of the seasoning mixes you make.

So if you make all 4, it's about 20 minutes total.

And if you make ONE at a time, it's about 5 minutes total.

That makes it a great session to pair with another short one, like the 3 Granolas Pantry Session (when the granola is baking) to make a well-rounded 1-hour session.

Or you can just work on one or two seasoning mixes at a time when you have the time and energy!



SHOPPING LIST

FOR ALL 4 RECIPES

- 4 tbs Sea Salt (you'll have a little extra)

ADDITIONAL INGREDIENTS FOR THE RANCH SEASONING MIX

- 1 tbs Garlic Powder
- 1 tbs Onion Powder
- 2 tbs Dried Parsley
- 2 tbs Dried Basil
- 2 tbs Dried Chives
- 1/2 tsp Black Pepper (for Stage 1 AIP Reintro or Paleo)

ADDITIONAL INGREDIENTS FOR THE GREEK SEASONING MIX

- 3 tbs Dried Oregano
- 2 tbs Dried Basil
- 1 tbs Dried Dill
- 2 tbs Onion Powder
- 2 tbs Garlic Powder
- 1/2 tbs Sea Salt
- 1 tbs Black Pepper (for Stage 1 AIP Reintro or Paleo)

ADDITIONAL INGREDIENTS FOR THE SAGE SAUSAGE SEASONING MIX

- 1/2 cup dried Sage
- 1 tbs Coconut Sugar or Maple Sugar (omit for Whole30)
- 1 tsp Garlic Powder
- 1 tsp dried Thyme

SHOPPING LIST CONT.

ADDITIONAL INGREDIENTS FOR THE TANDOORI INDIAN MIX

- 2 tbs Dried Ginger
- 1 tbs Dried Turmeric
- 1.5 tbs Cinnamon
- 1 tsp ground Cloves
- 1.5 tbs dried Fenugreek Leaves (optional)**

**A note on the dried Fenugreek Leaves, also known as Kasoori Methi – they are totally optional, but I really find they are the key element to getting the fully rounded flavor of this seasoning blend. You can usually find them in Asian or Indian markets, or I get mine from Amazon.

Make sure though if you're on AIP to avoid the ground Fenugreek powder you'll see in grocery stores. That typically is made from Fenugreek seeds. However, if you're not on AIP or have successfully reintroduced seeds, then you could try that instead of the powder.

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER INGREDIENTS AND EQUIPMENT

Gather all your ingredients for easy access. Gather the following equipment: 4 small airtight containers with lids (mason jars work great) and measuring spoons

2: PREP THE RANCH SEASONING MIX

Measure out:

- 1 tablespoon Sea Salt
- 1 tablespoon Garlic Powder
- 1 tablespoon Onion Powder
- 2 tablespoons Dried Parsley
- 2 tablespoons Dried Basil
- 2 tablespoons Dried Chives
- 1/2 teaspoon Black Pepper (if making Paleo or AIP Stage 1+ Reintro)

into a small airtight container. Shake or mix well.

3: PREP THE GREEK SEASONING MIX

Measure out:

- 3 tablespoons Dried Oregano
- 2 tablespoons Dried Basil
- 1 tablespoon Dried Dill
- 2 tablespoons Onion Powder
- 2 tablespoons Garlic Powder
- 1/2 tablespoon Sea Salt
- 1 tablespoon Black Pepper (if making Paleo or AIP Stage 1+ Reintro)

into a small airtight container. Shake or mix well.

4: PREP THE SAGE SAUSAGE SEASONING MIX

Measure out:

- 1/2 cup Dried Sage
- 2 tablespoons Sea Salt
- 1 tablespoon Coconut Sugar or Maple Sugar
- 1 teaspoon Garlic Powder
- 1 teaspoon Dried Thyme
- 1 teaspoon Black Pepper (if making Paleo or AIP Stage 1+ Reintro)

into a small airtight container. Shake or mix well.

4: PREP THE TANDOORI SEASONING MIX

Measure out:

- 2 tablespoons Dried Ginger
- 1 tablespoon Dried Turmeric
- 1.5 tablespoons Cinnamon
- 1 teaspoon Ground Cloves
- 1.5 tablespoons Fenugreek leaves (if using- see note on page 4)
- 1 teaspoon Sea Salt

into a small airtight container. Shake or mix well.

ALTERNATE RECIPES

WANT SOME MORE SEASONING MIXES? TRY THESE!

Italian Seasoning Mix

Makes a ½ cup. Use 1.5 tbsp per pound of meat.

- 2.5 tablespoons dried Oregano
- 2 tablespoons dried Marjoram (or more oregano)
- 2 tablespoons dried Thyme
- 1 tablespoon dried Basil
- 1 tablespoon dried Rosemary
- 1 tablespoon dried Sage

Uses: season a chicken breast, over meat and veggie sheet pan meals, in meatballs, in a tomato sauce, in a soup for some quick flavor,

Pumpkin Pie Spice Mix

Makes ½ cup. Amounts to use vary based on what you're using it for, but start with a small amount, like ½-1 tsp, taste and adjust from there

- ¼ cup ground Cinnamon
- 2 tablespoons ground Ginger
- 1 tablespoon ground Mace (or nutmeg for an AIP Stage 1+ reintro or Paleo)
- 2 teaspoons ground Cloves

Uses: Use it in a drink, mixed with canned pumpkin and mashed avocado, or even sprinkled over roasted or mashed squash or sweet potatoes

Gyro Seasoning Mix

Makes a little over a ½ cup. Use 1.5 tbsp per pound of meat

- 4 tablespoons dried Thyme
- 4 tablespoons dried Oregano
- 4 teaspoons dried Rosemary
- 2 tablespoons Sea Salt

Uses: Makes great gyro meat, but can also be used in meatballs, season a chicken breast, over meat and veggie sheet pan meals

MEAL IDEAS

USE THESE SEASONING MIXES TO EASILY ADDS SOME FLAVOR TO YOUR DISHES!

Idea 1 - Greek Vinaigrette

Mix 3 tablespoons red wine vinegar with $\frac{1}{3}$ cup olive oil, 1 tsp honey or maple syrup, and 2 teaspoons of the Greek seasoning.

Whisk or, my favorite method, tightly cover and shake to mix well. Use over salads or roasted veggies.

You can also do this with the Italian seasoning to make an Italian dressing.



Idea 2 - Ranch Dressing

Simply mix either 1 cup coconut yogurt or coconut cream with 2 tsp of the ranch seasoning and 1-2 tsp lemon juice.

This is delicious over salads, over roasted veggies, or as a dip for raw carrots and celery – and not gonna lie, I sometimes eat this as is by the spoonful!



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Idea 3 - Meatballs

Pictured are the Tandoori Meatballs: mix a pound of ground turkey with 1-2 tablespoons of the seasoning, mix, form into meatballs and bake for 20 minutes at 425 F.

It's delicious served with a side of roast cauliflower and a dollop of coconut yogurt.

You can make meatballs with most of the seasoning mixes though.



Idea 4 - Breakfast sausages

Mix 1-2 tablespoons of seasoning to a pound of ground meat of your choice for tasty meatballs or breakfast sausage. (I also added a finely diced green apple for fun – but that part is totally optional.)

Form into patties and bake in the oven at 425 F for 20 minutes or in a pan on the stove for 4-5 min a side until done.



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Idea 5 - Sheet Pan Meals

This is the Greek seasoning over 1 lb of chicken tenders cut into large pieces, a diced zucchini, a chopped red onion, a finely diced sweet potato, and a sliced lemon.

I added approx 1.5 tablespoons of the Greek seasoning and drizzled it with 2 tablespoons of olive oil, and then put it in the oven at 425 F for 20 minutes.

You could also use the Italian Seasoning instead.

And this is the Ranch Seasoning over 4 cups Broccoli Florets (approx 1 large head), 3 Large chopped Carrots, 1.5 lb boneless, skinless Chicken Thighs, 3 slices Bacon, 2 tbsp Avocado Oil, and about 4 tbsp of the Ranch Seasoning.



MEAL IDEAS

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Idea 6 - Soups

Here's an easy Tandoori Pumpkin Soup:

Mix a can of plain pumpkin puree with 2 cups of chicken or beef broth, a can of full-fat coconut milk (or 1.5 cups homemade or 1.5 cups tigernut milk, or your milk of choice), and 2 teaspoons of the Tandoori seasoning mix.



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