

Recipes Demo by Gwen Fleeman

October 2025 – Parent Empowerment Circle

DYI “Beef” Bouillon Mix

Ingredients:

- 2 teaspoons dried mustard powder
- 1 teaspoons of garlic powder
- 1 teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon chili powder
- 1/8 teaspoon celery seed

Instructions:

- Mix altogether and store in cool dry place in an airtight container, glass pint jar with lid is recommended. It is important to **keep contents DRY** at all times. Shelf life = approximately 6 months.
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Dry Onion Soup Mix

Ingredients:

- ¾ dried minced onions
- 1/3 cup beef bouillon (homemade, also in this recipe list)
- 4 teaspoons dried onion powder
- ½ teaspoon garlic powder
- ¼ teaspoons celery seeds (crushed or ground)
- ¼ tsp black pepper
- 1/8 teaspoon paprika

Instructions:

- Mix altogether and store in cool dry place in an airtight container, glass pint jar with lid is recommended. It is important to **keep contents DRY** at all times. Shelf life = approximately 6 months.

USE: 3 Tablespoons of this mixture = to one store bought packet

French Dip = 3 Tablespoons of Dry Onion Soup Mix mixed in 16 oz of sour cream

“Chicken” Bouillon Powder

Ingredients:

- 2 cups nutritional yeast
- 1/3 cup salt
- ¼ cup garlic powder
- ¼ cup onion powder
- ¼ cup dried basil
- ¼ cup dried oregano
- ¼ cup dried rosemary
- 1-2 Tablespoon black pepper

Instructions:

- Mix altogether and store in cool dry place in an airtight container, glass pint jar with lid is recommended. It is important to **keep contents DRY** at all times. Shelf life = approximately 6 months.

USE: 1 Tablespoon bouillon per 8 oz of water

Homemade Ranch Seasoning

Ingredients:

- 1/3 cup dry buttermilk powder
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 2 teaspoon dried parsley
- 1 and ½ teaspoons dried dill
- 1 and ½ teaspoon dried chive
- ½ teaspoon sugar
- 1 teaspoon dried tarragon (optional but recommended)
- ¼ teaspoon black pepper
- ¼ teaspoon mustard powder

Instructions:

- Combine all into a dry bowl and dry whisk together
- Mix altogether and store in cool dry place in an airtight container, glass pint jar with lid is recommended. It is important to **keep contents DRY** at all times. Shelf life = approximately 6 months.

USE: 2 Tablespoons = 1 store bought packet

Taco Seasoning

Ingredients:

- 1 Tablespoon chili powder
- 2 Tablespoon ground cumin
- 1 teaspoon paprika (smoked paprika is recommended)
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch red pepper flakes

Instructions:

- Mix altogether and store in cool dry place in an airtight container, glass pint jar with lid is recommended. It is important to **keep contents DRY** at all times. Shelf life = approximately 6 months.

USE: 2 to 3 Tablespoons of mix per pound of meat

Chili Seasoning

Ingredients:

- ¼ cup chili powder
- 1 Tablespoons paprika
- 1 Tablespoons ground cumin
- 2 Tablespoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cayenne powder (reduce amount or leave out if too spicy)
- 4 teaspoons sea salt
- 2 teaspoon ground black pepper

Instructions:

- Mix altogether and store in cool dry place in an airtight container, glass pint jar with lid is recommended. It is important to **keep contents DRY** at all times. Shelf life = approximately 6 months.

USE: 2 Tablespoons = 1 store bought packet

SHOPPING LIST:

Spices & Seasonings

- Mustard powder – 2¼ tsp (≈ 0.2 oz / 6 g)
- Garlic powder – ⅓ cup (≈ 1.4 oz / 40 g)
- Onion powder – ½ cup (≈ 1.8 oz / 50 g)
- Paprika – 2 Tbsp + 2 tsp (≈ 0.8 oz / 23 g)
- Chili powder – ⅓ cup (≈ 0.9 oz / 26 g)
- Cayenne powder (*optional*) – 1 tsp (≈ 0.1 oz / 3 g)
- Ground cumin – 3 Tbsp (≈ 0.6 oz / 17 g)
- Black pepper (ground) – 3–4 Tbsp (≈ 0.8 oz / 22 g)
- Sea salt – ⅓ cup + 5 tsp (≈ 3.5 oz / 100 g)
- Celery seed (crushed or ground) – ⅜ tsp (≈ 0.05 oz / 1.5 g)
- Red pepper flakes (*optional*) – pinch

Dried Herbs

- Dried basil – ¼ cup (≈ 0.3 oz / 8 g)
- Dried oregano – ¼ cup (≈ 0.3 oz / 8 g)
- Dried rosemary – ¼ cup (≈ 0.3 oz / 8 g)
- Dried parsley – 2 tsp (≈ 0.05 oz / 1.5 g)
- Dried dill – 1½ tsp (≈ 0.03 oz / 1 g)
- Dried chive – 1½ tsp (≈ 0.03 oz / 1 g)
- Dried tarragon (*optional*) – 1 tsp (≈ 0.02 oz / 0.6 g)

Dried Vegetables

- Dried minced onions – ¾ cup (≈ 1.2 oz / 35 g)

Powders & Mix-ins

- Nutritional yeast – 2 cups (≈ 5.6 oz / 160 g)
- Dry buttermilk powder – ⅓ cup (≈ 1.4 oz / 40 g)

Other

- Sugar – ½ tsp (≈ 0.07 oz / 2 g)

Summary Notes

- **Total ingredients:** 22 (including optional spices and herbs).
- **Optional ingredients** (can skip if desired): cayenne powder, red pepper flakes, tarragon.
- **Conversions:** Based on average spice densities — individual brands may vary slightly.
- **Storage:** Each mix should go in a **glass pint jar** or **airtight spice jar**, kept in a cool, dry pantry.