

HERBS AND SPICES

September 2020

Salt and pepper are great seasonings to use in almost any food for a little extra flavor, but too much salt can be harmful for our bodies and overall health. Certain foods taste better with certain seasonings. Here is a list of great pairings to try!

Foods	Seasonings To Use
Pasta	Basil, oregano, parsley, pepper, Italian seasoning blend.
Lamb	Curry Powder, garlic, rosemary, mint.
Pork	Garlic, onion, sage, pepper, oregano.
Chicken/Poultry	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme.
Fish	Curry Powder, dill, dry mustard, marjoram, paprika, pepper.
Beef	Bay leaves, marjoram, nutmeg, onion, pepper, sage, thyme.
Corn	Cumin, curry powder, onion paprika, parsley.
Green Beans	Dill, curry powder, onion, paprika, parsley.
Potatoes	Dill, garlic, onion, paprika, parsley, sage, cayenne pepper.
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage.
Carrots	Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage.
Tomatoes	Basil, bay leaves, dill, marjoram, onion, oregano, parsley, pepper.

*This educational tool was sourced from the Utah Food Bank.



CHEESY BEEF AND MACARONI

This recipe makes 8 servings

Sourced from Wisconsin CSFP

CSFP Ingredients

- 2 cups macaroni, dry
- 1 can chili without beans
- 1 1/2 cups shelf-stable 1% milk
- 1 lb reduced fat American Cheese, cubed

Additional Ingredients

- 8 cups water
- 1 large onion, diced
- 1 TBSP oil
- 2 TBSP butter or margarine



Directions

1. Bring water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8-10 minutes.
3. Remove from heat and drain well before serving.
4. In a large pot, sauté onion in oil for 5 minutes
5. Add beef, cook 5 minutes.
6. Combine macaroni, milk, butter, and cubed cheese with beef and onion mixture.
7. Heat on low for 10 minutes, stir frequently until cheese is melted.
8. Serve warm.

