

# Seasoning Frugal Foods with Herbs & Spices

## Seasoning Soups & Stews

### Start with a Mirepoix

Peel & finely chop 1 carrot, 1 rib of celery, 1 onion, 1 clove of garlic, any spices in the recipe, and any other aromatic vegetable of choice. Sauté until lightly browned.

### Soup Base

Use either chicken soup base (or bouillon cubes) or onion soup mix based on the meat or flavor. Onion soup mix tastes better than “beef bouillon”.

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## Indian or Southeast Asian

Curry Powder @ Garam Marsala @ Hot Ground Red Pepper @ Cinnamon @ Onions @ Cloves @ Cardamom @ Coriander @ Cumin Basil @ Fenugreek @ Saffron @ Ginger

### Condiments

Plain Yogurt @ Coconut @ Coconut Milk @ Chutney @ Nuts (Almonds, etc)

### Key Vegetables & Fruits

Tomatoes @ Raisins @ Dates @ Apples @ Lentils @ Potatoes @ Peas

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## Chinese

### To Start Off Your Stir Fry Right

Heat a Wok or large skillet with a small amount of Sesame Oil, Grated Fresh Ginger (or dried ginger powder), and Chinese Five Spices Blend. Stir fry your meat first, then add your vegetables.

### Seasonings

Chinese Five Spices @ Ginger @ Lemon Grass @ Sesame Oil @ Roasted Sesame Seeds @ Rice Vinegar @ Cloves @ Star Anise @ Cinnamon

### Condiments

Teryaki @ Soy Sauce @ Wasabi @ Plum Duck Sauce

## Tex-Mex or Southwestern

Cilantro @ Coriander @ Cumin @ Chili Powder @ Onions/Onion Powder @ Garlic @ Tomato Sauce @ Oregano @ Tabasco Sauce

### Condiments

Sour Cream or Plain Yogurt @ Salsa @ Hot Sauce @ Taco Sauce @ Grated Cheese (Colby Jack, Cheddar)

### Key Vegetables

Tomatoes @ Tomatillos @ Corn @ Hominy @ Black, Red & Pinto Beans @ Bell Peppers @ Hot Peppers

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## Italian or Mediterranean

Garlic @ Fennel Seed @ Basil @ Rosemary @ Onions/Onion Powder @ Marjoram @ Oregano @ Thyme @ Parsley @ Tomato Sauce @ Capers @ Lemon or Orange Zest (Peel)

### Condiments

Plain Yogurt @ Cheese (Mozzarella, Feta, Parmesan, Ricotta) @ Olive Oil @ Balsamic Vinegar @ Lemon Juice

### Key Vegetables

Tomatoes @ Bulb Fennel (Anise or Finocchio) @ Artichokes @ Eggplant @ Bell Pepper @ Zucchini

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## Provençal Flavor

Tarragon @ Dijon Mustard @ Mustard Seed

*Note: Tarragon has a very strong licorice flavor and doesn't mix well with most other spices. It does go well with Dijon style mustard though.*

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## Middle Eastern

Garlic @ Cumin @ Coriander @ Sesame Oil or Tahini @ Onions/Onion Powder @ Thyme @ Parsley (fresh) @ Tomato Sauce @ Cinnamon @ Cloves @ Mint

### Condiments

Plain Yogurt @ Lemon Juice

### Key Vegetables

Eggplant @ Bell Pepper @ Zucchini @ Roasted Red Pepper @ Fresh Cucumber