

Italian Salad Dressing Mix

1 teaspoon sea salt

1 teaspoon dried flat-leaf Italian parsley

$\frac{3}{4}$ teaspoon garlic powder

$\frac{3}{4}$ teaspoon onion powder

$\frac{1}{4}$ teaspoon red pepper flakes

$\frac{1}{4}$ teaspoon xanthan gum

$\frac{1}{4}$ teaspoon citric acid

Measure all ingredients into a snack-sized re-sealable bag.

Make several packets up ahead of time, store in a freezer container and grab one whenever you have a recipe calling for a package of Italian dressing mix.

NOTE: The mixes you buy in the store also contain a small amount of dehydrated carrots. You might want to grate a little carrot into your recipe to give it those little flecks of color that are so appealing to the eye!

Taco Seasoning Mix

(for seasoning one pound of burger)

2 Tablespoons dried minced onion

$\frac{1}{2}$ to 1 teaspoon sea salt

1 teaspoon chili powder

1 teaspoon ground cumin

1 teaspoon paprika

$\frac{1}{2}$ teaspoon garlic powder

In a 10-inch skillet, brown the burger. Drain off any excess fat. Add the taco mix and $\frac{1}{2}$ cup water. Simmer until onion bits are tender and excess moisture is absorbed.