



TUPPERWARE SEASONING BLENDS



- When stored properly, spice mixtures should last approximately 1-2 years.
- Store seasoning blends in a cool, dry place away from sunlight (kitchen cabinet, pantry or drawer.) You can also extend the life of herbs, spices and seasonings by storing them in the refrigerator or freezer.
- For best results, use a 4 or 8-oz. Modular Mates Spice Shaker.
- Avoid storing near a window or humid area (dishwasher, stovetop or sink area). Sunlight can cause the color to fade, while heat can diminish flavor and humidity can cause clumping.
- To avoid clumping, do not use a wet spoon when scooping spices or seasonings from their storage container. Also avoid sprinkling spices or seasonings directly into a steaming pot.

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SEASONING BLENDS RECIPES

- Apple Pie Seasoning Blend
- Asian Seasoning Blend
- BBQ Seasoning Blend
- Chocolate Dessert Seasoning Blend
- Cilantro Mojo Seasoning Blend
- Cinnamon Vanilla Seasoning Blend
- Curry Seasoning Blend
- Garam Masala Seasoning Blend
- Herbes de Provence Seasoning Blend
- Hickory Mesquite Seasoning Blend
- Italian Herb Seasoning Blend
- Island Rub Seasoning Blend
- Jamaican Jerk Seasoning Blend
- Latin Sensations Seasoning Blend
- Low Country Boil Seasoning Blend
- Middle Eastern Spice Seasoning Blend
- Moroccan Seasoning Blend
- Onion Soup Mix Seasoning Blend
- Poultry Seasoning Blend
- Provençal Seasoning Blend
- Pumpkin Spice Seasoning Blend
- Ragin' Cajun Seasoning Blend
- Ranch Seasoning Blend
- Sazon Seasoning Blend
- Seasoned Salt Seasoning Blend
- Simply Garlic Seasoning Blend
- Southwest Chipotle Seasoning Blend
- Steak & Chop Seasoning Blend
- Sweet & Spicy Seasoning Blend
- Taco Seasoning Blend
- Tandoori Spice Seasoning Blend
- Thai Spice Seasoning Blend
- Tuscan Spice Rub Seasoning Blend
- Wasabi Ranch Seasoning Blend



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APPLE PIE SEASONING BLEND



- 4 tbsp. ground cinnamon
- 1½ tsp. of ground allspice
- 2 tsp. of ground nutmeg
- 2 tsp. of ground ginger
- 1 tsp. ground cardamom

- Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
- Store up to 6 months.

Great on baked apples, oatmeal, apple muffins and so much more!

Yields approximately ½ cup.

4



ASIAN SEASONING BLEND



- 12 tbsp. ground ginger
- 1 tbsp. ground cumin
- 4 tbsp. coriander
- 2 tsp. red pepper flakes
- 8 tbsp. garlic powder
- ¼ cup toasted sesame seeds

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Eastern flair fit for vegetables, beef, pork and chicken.

Yields approximately 2 cups.

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BBQ SEASONING BLEND



- 1 cup instant coffee or instant espresso
- 12 tbsp. brown sugar
- 3 tbsp. garlic powder
- 4 tbsp. onion powder
- 12 tbsp. smoked paprika
- 3 tsp. kosher salt

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Deep flavor from the deep South, this BBQ blend goes on just about everything from burgers and chops to even potato salad.

Yields approximately 2 cups.

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CHOCOLATE DESSERT SEASONING BLEND



- 1 cup unsweetened cocoa powder, sifted
- ¾ cup granulated sugar
- ¼ cup dark brown sugar
- 1 tbsp. instant espresso powder (optional)
- ½ tsp. kosher salt (optional)
- 1 vanilla bean, cut in half lengthwise*

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

*Or substitute 3 tsp. vanilla powder.

A unique blend with an intense, rich luscious flavor with cocoa and espresso powder. that adds the perfect chocolatey sweetness to desserts and beverages.

Yields approximately 2 cups.

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CILANTRO MOJO SEASONING BLEND



- Zest of 6 limes
- Zest of 2 lemons
- 2 tbsp. coarse kosher salt
- 3 tbsp. garlic powder
- 3 tbsp. onion powder
- 3 tbsp. dried oregano
- ¼ cup dried cilantro
- 2 tbsp. ground thyme
- 1 tbsp. ground cumin
- ½ tsp. cayenne pepper
- 1 tsp. ground black pepper

1. In the base of the Power Chef System fitted with the blade attachment, combine zest and salt until well blended. Let stand 10 minutes.
2. Add remaining ingredients and pull cord 10 to 12 times to combine.
3. Transfer mixture to a Tupperware Spice Shaker and seal. Store up to 3 months.

Punch up a pork roast or chicken breast with a Cuban-inspired seasoning blend.

Yields approximately 2 cups.

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CINNAMON VANILLA SEASONING BLEND



- 1¼ cups granulated sugar
- ¼ cup brown sugar
- ½ cup ground cinnamon
- 1 tsp. coarse kosher salt
- 1 vanilla bean, cut in half lengthwise*

1. Combine sugars, cinnamon and salt in a small bowl and store in Tupperware Spice Shakers, insert vanilla bean halves, shake to combine and seal.
2. Store up to 6 months.

*Or substitute 3 tbsp. vanilla powder.

Forget vanilla extract. This all-natural seasoning tastes scrumptious when sprinkled over sugar cookies right before popping them into the oven.

Yields approximately 2 cups.



CURRY SEASONING BLEND



- 4 tbsp. ground turmeric
- 8 tbsp. ground cumin
- 4 tbsp. onion powder
- 4 tbsp. ground cinnamon
- 4 tbsp. ground coriander
- 2 tsp. ground clove
- 1 tsp. ground cardamom
- 2 tsp. granulated sugar

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Aromatic, a little sweet and a little spicy, great for chicken, vegetables, stir fry and soup.

Yields approximately 2 cups.



GARAM MASALA SEASONING BLEND



- 4 tbsp. cumin seed
- 6 tbsp. coriander seeds
- 2 tbsp. black peppercorns
- 2 tsp. ground cinnamon
- 2 tsp. whole cloves
- 2 tsp. ground nutmeg
- 2 tbsp. cardamom seeds

1. Heat up Chef Series Frypan over a medium heat. Reduce heat to low, add spices. Gently heat for 2 minutes or until fragrant. Set aside to cool.
2. Place toasted spices into a spice grinder or high speed blender. Blitz until a smooth powder is formed.
3. Transfer spice mix into Tupperware Spice Shakers to store.
4. Store up to 6 months.

Garam Masala is a very popular spice mix used in many different Indian recipes, a blend of savory Indian spices

Yields approximately 1 cup.



HERBES DE PROVENCE SEASONING BLEND



- 2 Tbsp. thyme
- 2 Tbsp. chervil
- 2 Tbsp. rosemary
- 2 Tbsp. summer savoury
- 2 tsp. lavender
- 2 tsp. tarragon
- 1 tsp. marjoram
- 1 tsp. oregano
- 1 tsp. mint
- 4 chopped bay leaves

1. Mix spices in a small bowl and transfer spice mix into Tupperware Spice Shakers to store.
2. Store up to 6 months.

Herbes de Provence is a classic blend of fragrant herbs reminiscent of the south of France

Yields approximately 1 cup.



HICKORY MESQUITE SEASONING BLEND



- ¼ cup firmly packed brown sugar
- ¼ cup sweet paprika
- 3 tbsp. black pepper
- 3 tbsp. coarse salt
- 1 tbsp. hickory-smoked salt
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. celery seeds
- 1 tsp. cayenne pepper

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Sweet and smoky come together to create a unique blend that's exceptional for grilled meats.

Yields approximately 1 cup.

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ITALIAN HERB SEASONING BLEND



- ¾ cup dried oregano
- ¾ cup dried basil
- ½ cup dried parsley
- ½ cup onion powder
- ¼ cup garlic powder
- 5 tsp. coarse kosher salt
- 5 tsp. crushed red pepper

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers, shake to combine and seal.
2. Store up to 6 months.

This Italian blend is just begging to be sprinkled into marinara sauce.

Yields approximately 2 cups.

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ISLAND RUB SEASONING BLEND



- 2 tbsp. allspice
- 4 tsp. nutmeg
- 4 tsp. cinnamon
- 4 tsp. garlic powder
- 4 tsp. onion powder
- 4 tsp. ground ginger
- 4 tsp. ground black pepper
- 4 tsp. cayenne pepper
- 1 tsp. ground cloves
- 3 tbsp. sea salt
- 3 tbsp. brown sugar
- 1 tsp. parsley

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Inspired blend of island flavors transport your taste buds to the tropics.

Yields approximately 1 cup.

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JAMAICAN JERK SEASONING BLEND



- 2 tbsp. garlic powder
- 2 tbsp. cayenne pepper
- 4 tsp. onion powder
- 4 tsp. dried thyme
- 4 tsp. dried parsley
- 4 tsp. sugar
- 4 tsp. salt
- 2 tsp. paprika
- 2 tsp. ground allspice
- 1 tsp. black pepper
- 1 tsp. dried crushed red pepper
- 1 tsp. ground nutmeg
- ½ tsp. ground cinnamon

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

A great flavor to add to chicken, shrimp, fish, and even summer vegetables. It's a blend of tropical spices, savory herbs, and a little heat.

Yields approximately 1 cup.

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LATIN SENSATIONS SEASONING BLEND



- 2 tbsp. dried cilantro
- 2 tbsp. ground cumin
- 2 tbsp. ground turmeric
- 1 tbsp. garlic powder
- 2 tbsp. kosher salt
- 1½ tbsp. Mexican oregano
- 2 tsp. ground black pepper
- Zest of 6 limes

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Aromatic blend combines garlic, turmeric, Mexican oregano, cilantro and cumin with a kiss of lime to add extra flavor to any Latin-inspired dish.

Yields approximately 1 cup.

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LOW COUNTRY BOIL SEASONING BLEND



- 2 Tbsp. black pepper
- 2 tsp. salt
- 2 tsp. seasoning salt, such as Lawry's
- 3 tsp. dried basil
- 3 tsp. dried oregano
- 6 Tbsp. paprika
- 2 Tbsp. parsley
- 1 tsp. white pepper
- 1 tsp. cayenne pepper
- 2 Tbsp. crushed red pepper flakes
- 2 Tbsp. granulated garlic

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

A creole style seasoning blend.

Yields approximately 1 cup.

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MIDDLE EASTERN SEASONING BLEND



- 1/8 tsp. cayenne
- 1/4 tsp. cinnamon
- 1/8 tsp. ground cloves
- 1 tsp. ground coriander
- 1/4 cup cumin
- 2 1/4 tsp. garlic powder
- 1/8 tsp. ground ginger
- 1/8 tsp. ground mustard
- 1 tsp. dried oregano
- 3 Tbsp. dried parsley
- 1/2 tsp. crushed rosemary
- 1 tsp. salt
- 1 tsp. sesame seeds
- 1/2 tsp. turmeric

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

This herb and *spice blend* go back to medieval times and it's common in all the countries of the *Middle East*.

Yields approximately 1 cup.

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MOROCCAN SEASONING BLEND



- 4 tsp. ground cumin
- 4 tsp. ground ginger
- 4 tsp. salt
- 3 tsp. black pepper
- 2 tsp. ground cinnamon
- 2 tsp. ground coriander
- 2 tsp. cayenne
- 2 tsp. ground allspice
- 2 tsp. ground cloves

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

This vibrant spice blend makes an excellent addition to lamb burgers or roasted chicken

Yields approximately 1/2 cup.

20



ONION SOUP MIX SEASONING BLEND



- 1 cup dried onion
- 8 tbsp. onion powder
- 4 tbsp. garlic powder
- 1 tbsp. kosher salt
- 2 tsp. ground black pepper
- 1 tbsp. ground thyme

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Jazz up dips, meats, grains and, oh yeah, soup.

Yields approximately 2 cup.

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POULTRY SEASONING BLEND



- 4 tbsp. ground dried sage
- 3 tbsp. ground dried thyme
- 2 tbsp. ground dried marjoram
- 3 tbsp. ground dried rosemary
- 3 tsp. ground nutmeg
- 3 tsp. finely ground black pepper

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

A perfect *blend* of spices to add to any chicken or turkey dish or to your favorites soups or stuffing recipes

Yields approximately ½ cup.

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PROVENCAL SEASONING BLEND



- 6 tbsp. thyme
- 4 tbsp. marjoram
- 3 tbsp. fennel
- 5 tbsp. tarragon
- 3 tbsp. basil
- 3 tbsp. mint
- 2 tbsp. lavender (optional)

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Add French countryside flavor fish and meats before or during cooking.

Yields approximately 1½ cup.

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PUMPKIN SPICE SEASONING BLEND



- 8 tbsp. granulated sugar
- 1 tsp. kosher salt
- 8 tbsp. ground ginger
- 12 tbsp. ground cinnamon
- 3 tbsp. ground nutmeg
- 2 tbsp. ground clove
- 2 tbsp. ground allspice

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Fall in love with this cozy, aromatic flavor. Sprinkle on popcorn and hot beverages or blend into bread, muffin or cake mixes.

Yields approximately 2 cups.

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RAGIN' CAJUN SEASONING BLEND



- ½ cup paprika
- ½ cup sea salt
- ¼ cup garlic powder
- 2 tbsp. black pepper
- 2 tbsp. onion powder
- 1 tbsp. white pepper
- 1 tbsp. cayenne pepper
- 2 tbsp. oregano
- 1 tbsp. thyme

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Traditional flavors celebrated in Cajun and Creole cooking.

Yields approximately 2 cups.

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RANCH SEASONING BLEND



- 10 tbsp. dried parsley
- 4 tbsp. garlic powder
- 4 tbsp. onion powder
- 4 tbsp. dried dill
- 6 tbsp. dried chive

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Great on anything from chicken to chips and pretzels to potatoes.

Yields approximately 1½ cups.

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SAZON SEASONING BLEND



- 1 Tbsp. ground coriander
- 1 Tbsp. ground cumin
- 1 Tbsp. annatto seeds or paprika
- 1 Tbsp. garlic
- 1 Tbsp. salt

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Magic seasoning blend in many Latin dishes

Yields approximately ¼ cup.

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SEASONED SALT SEASONING BLEND



- 1 cup kosher salt
- 2 tbsp. ground black pepper
- 3 tbsp. ground paprika
- 3 tbsp. garlic powder
- ¼ cup onion powder
- 2 tbsp. ground thyme

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Enhance the natural flavor of meats and vegetables.

Yields approximately 2 cups.

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SIMPLY GARLIC SEASONING BLEND



- 8 Tbsp. Dried Minced Garlic
- 2 Tbsp. Dried Chopped Onions
- 1 Tbsp. Garlic Powder
- 2 tsp. Garlic Salt
- 2 tsp. Dried Chives
- 1 tsp. Dried Dill weed
- 1 tsp. Dried Parsley
- ½ tsp. Dried Basil

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Use in place of fresh garlic in everyday cooking. You'll get all the garlic flavor with none of the peeling or chopping!

Yields approximately 2 cups.

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SOUTHWEST CHIPOTLE SEASONING BLEND



- 2½ tbsp. smoked paprika
- ½ cup ground cumin
- 1 ½ tbsp. garlic powder
- 2 ½ tbsp. chipotle powder*
- 2 ½ tbsp. dried cilantro
- ½ cup onion powder
- 2½ tbsp. granulated sugar
- 4 tbsp. coarse kosher salt

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

*Or substitute chili powder for chipotle powder.

The ideal smoky seasoning blend for fajitas or tacos. Makes an incredible addition to salsa, salad dressings and spreads.

Yields approximately 2 cups.

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STEAK & CHOP SEASONING BLEND



- ½ cup black pepper
- ¾ cup dried minced onion
- ½ cup garlic powder
- 3 tbsp. caraway seeds
- 1 tsp. crushed red pepper flakes
- ¼ cup coarse kosher salt
- ½ tsp. dill
- 1 tbsp. paprika

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Create mouth-watering meals with this savory grilling blend. Great for dry rubs, marinades or barbecue sauces, as well as juicy, flavorful meat and vegetable dishes.

Yields approximately 2 cups.

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TUSCAN SEASONING BLEND



- 1 tbsp. fennel seeds
- 6 tbsp. dried basil
- 3 tbsp. garlic powder
- 3 tbsp. coarse salt
- 2 tbsp. dried rosemary
- 2 tbsp. dried oregano

1. Grind fennel seeds in a spice grinder or a mortar and pestle until coarsely ground. Combine with basil, garlic powder, salt, rosemary and oregano in a small bowl.
2. Store in Tupperware Spice Shakers.
3. Store up to 6 months.

Take a trip to Italy with this Tuscan inspired seasoning blend.

Yields approximately 1 cup.

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TACO SEASONING BLEND



- ¼ cup chili powder
- 2 Tbsp. tapioca or arrowroot flour/starch
- 4 tsp. ground cumin
- 4 tsp. dried oregano
- 4 tsp. unsweetened cocoa powder
- 4 tsp. sea salt
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. black pepper
- ½ tsp. cayenne pepper
- ½ tsp. ground coriander

1. Combine seasonings in a small bowl.
2. Store in Tupperware Spice Shakers.
3. Store up to 6 months.

Use 2 Tbsp. of seasoning plus about ¼-½ cup water to season about 1 pound of ground meat for tacos.

A perfect way to spice up your chicken, pork or beef.

Yields approximately 1 cup. 33

SWEET & SPICY SEASONING BLEND



- ½ cup dark brown sugar
- 4 tbsp. dried thyme
- 2 tbsp. paprika
- 2 tsp. cayenne pepper
- 2 tbsp. garlic powder
- 2 tbsp. Kosher salt
- 2 tbsp. freshly ground black pepper

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Use on your favorite meats, grilled vegetables, nuts or even salad dressings!

Yields approximately 2 cups.

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THAI SPICE SEASONING BLEND



- ½ Tbsp. dried cumin
- 1 Tbsp. freshly ground white pepper
- 1 Tbsp. freshly ground black pepper
- 2 Tbsp. dried lemongrass
- 2 Tbsp. dried lime zest
- 2 Tbsp. garlic powder
- 2 Tbsp. dried ginger
- 2 Tbsp. dried mint
- 2 Tbsp. toasted unsweetened coconut, ground

1. Combine all ingredients with a mortar and pestle or a food processor and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Use on your favorite meats, grilled vegetables, for an exotic Thai flavor

Yields approximately 2 cups.

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TANDOORI SPICE SEASONING BLEND



- 6 tbsp. paprika
- 2 tbsp. ground turmeric
- 2 tsp. garlic powder
- 2 tsp. ground nutmeg
- 2 tsp. cayenne pepper
- 2 tsp. ground ginger
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 2 tsp. ground cloves

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Bring the flavors of India to your table, featuring an aromatic blend of classic tandoori spices

Yields approximately 1 cup.

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WASABI RANCH SEASONING BLEND



- 1 cup dry buttermilk
- 2 tbsp. dried parsley, crushed
- 2 tsp. dried dill weed
- 2 tsp. onion powder
- 2 tsp. dried onion flakes
- 2 tsp. salt
- 1 tsp. garlic powder
- ½ tsp. ground white pepper
- 1-2 tsp. wasabi powder

1. Combine ingredients in a small bowl and store in Tupperware Spice Shakers.
2. Store up to 6 months.

Asian-inspired flavor similar to horseradish makes sensational salad dressings, dips and spreads

Yields approximately 2 cups.