

## Chili Seasoning

*Though it has Mexican roots, chili con carne is an American dish. It was featured at the World's Fair in Chicago in 1893.*



**Chili powder, garlic powder, cumin, oregano, paprika, onion powder, and thyme.**

## Jerk Seasoning

*Jerk is a style of cooking native to Jamaica. Some historians believe it was originally developed by African slaves who escaped in Jamaica when the British captured the island from Spain in 1655.*



**Allspice, cumin, coconut sugar, sage, thyme, nutmeg, sea salt, cayenne, and lime juice.**

## Barbecue Seasoning

*Barbecue sauce and meat seasonings are an American cuisine. Today, barbecue can vary by region. The four main styles include Memphis, North Carolina, Kansas City, and Texas.*



**Sea salt, ground pepper, chili powder, garlic powder, paprika, and onion powder.**

## Italian Seasoning

*Italian seasoning originated in the Mediterranean region. It is used to flavor many Italian dishes including pastas, breads, and pizzas.*



**Oregano, parsley, thyme, basil, sage, sea salt, and ground pepper.**

## Curry Seasoning

*Curry has origins in Southern India. Chili spices were added to traditional curry seasonings after the Columbian exchange. Variations of “curry” also exist in Thai cuisine.*



**Turmeric, coriander, cumin, ground mustard, cardamom, ground cloves, nutmeg, and cayenne.**

## Southwest Seasoning

*The Southwest region of the United States refers to Texas, New Mexico, and Arizona. Southwest food is known to be spicy and is influenced by Spanish, Mexican and Native American cultures.*



**Garlic powder, chili powder, onion powder, smoked paprika, cumin, and chipotle powder.**

## Taco Seasoning

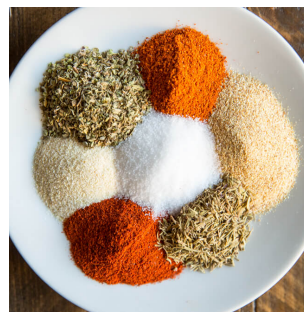
*Tacos are a traditional Mexican dish, but the taco seasoning most Americans are familiar with is not completely authentic.*



**Chili powder, garlic powder, paprika, cumin, onion powder, sea salt, ground pepper, cayenne, and oregano.**

## Cajun Seasoning

*Cajun cooking has American roots in the South—Louisiana to be specific. However, it originally came from the Acadians who were forcibly deported by the British in 1755. They eventually settled in Southern Louisiana.*



**Sea salt, garlic powder, smoked paprika, oregano, onion powder, thyme, black pepper, and cayenne.**