



SPICE CHART

	ANCHOR CHILE SEASONING	BASIL	BAY LEAVES	CELERY SEED	CHILI POWDER	CHIVES	CINNAMON	CITRUS GRILL SEASONING	CLOVES	CUMIN	CURRY POWDER	DILLWEED	GINGER	ITALIAN SEASONING	MUSTARD	NUTMEG	OREGANO	PAPRIKA	PARSLEY	CAYENNE PEPPER	CRUSHED RED PEPPER	ROSEMARY	SAGE	SEA SALT	SESAME SEED	THYME			
BEVERAGES & APPETIZERS	Dips Meatballs Quesadillas Spinach Dip Cheese Spreads Black Bean Salsa	Dips Bruschetta Tomato Juice Cheese Sticks Cheese Bread Toasted Ravoli	Crab Boil Shrimp Boil	Dips Meatballs Tomato Juice Seafood Cocktail	Dips Salsa Nachos Guacamole Tortilla Chips Shrimp Cocktail Cheese Spreads	Dips Pati Potato Skins Cheese Balls Stuffed Mushrooms	Cider Coffee Fruit Cups Hot Chocolate Mulled Wine	Fruit Salsa Seafood Dips Shrimp Scampi Seafood Stuffed Mushrooms	Cider Cranberry Juice Hot Spiced Beverages	Nachos Poppers Hummus Meatballs Guacamole Quesadillas Empanadas	Dips Spreads Shrimp Cocktail Seafood Cocktail	Dips Spreads Potato Skins Fish Cocktail Seafood Cocktail Finger Sandwiches	Sushi Egg Rolls Pot Stickers	Dips Meat Balls Bread Sticks Cheese Sticks Cheese Bread Tasted Ravoli	Dips Egg Rolls Meat Balls	Eggnog Fruit Cups	Bruschetta Pizza Balls Meat Bread Tomato Juice Cheese Sticks Toasted Ravoli	Dips Garlic Toast Potato Skins Cheese Balls	Meat Balls Cheese Balls Potato Skins Stuffed Mushrooms	Dips Hummus Nachos Poppers Meat Balls Guacamole Chicken Wings Bloody Marys	Meat Balls Cheese Dips Cheese Bread Chicken Wings	Pañé Meatballs	Meat Balls Cheese Spreads	Margaritas Bloody Marys Fried Vegetables Crostini Bruschetta Mini Burgers	Tahini Bread Sticks Cheese Balls Chicken Strips	Bread Sticks Cheese Spreads			
SOUPS	Posole Tortilla Chicken Chili Spicy Cheese Chili Con Carne	Beef Tomato Chicken Vegetable Minestrone	Pea Beef Bean Stock Lentil Chicken Vegetable	Potato Tomato Chicken Vegetable Seafood Chowder	Chili Beef Bean Tortilla Vegetable Gazpacho Black Bean	Onion Potato Chicken Cream Soups Fish Chowder Corn Chowder	Fruit Split Pea Lentil Split Pea Seafood Chowder	Borscht Split Pea	Beef Chili Tortilla Vegetable Gazpacho Black Bean	Pea Beef Lentil Chicken Seafood Mulligatawny Cream Soups	Potato Tomato Chicken Split Pea Chowders	Fruit Bean Split Pea Hot & Sour	Beef Tomato Chicken Seafood Vegetable Minestrone	Chili Cheese Hot & Sour	Fruit Spinach Split Pea Chowders Cream Soups	Chili Bean Beef Tomato Vegetable Minestrone	Potato Cheese Cream Soups Clam Chowder	Potato Stock Broths Tomato Chicken Chowders	Chili Bean Gumbo Tomato Chowders	Chili Releños Scrambled Eggs Breakfast Casseroles Huevos Rancheros	Chili Bean Lentil Black Bean	Pea Bean Chicken	Pea Tomato Chicken	Stocks	Hot & Sour	Beef Lentil Stock Broths Tomato Chicken Vegetable			
EGGS & CHEESE	Frittata Omelets Chili Releños Cheese Sauce Chili Con Queso Breakfast Burrito	Frittata Quiche Omelets Deviled Eggs Cheese Soufflé Scrambled Eggs Vegetable Lasagna	Cottage Cheese	Omelets Deviled Eggs Chili Con Queso Huevos Rancheros	Quiche Omelets Deviled Eggs Cottage Cheese Potato Pancakes Scrambled Eggs Macaroni and Cheese	Crepes Waffles	Seabood Crepes	Pancakes Fruit Omelet French Toast	Quiche Omelets Chiles Rellenos Scrambled Eggs	Egg Salad Deviled Eggs Scrambled Eggs	Quiche Soufflés Omelets Deviled Eggs Scrambled Eggs Cottage Cheese Scrambled Eggs	Fried Rice Egg Foo Yong	Omelets Soufflés Quiche Cream Cheese Scrambled Eggs Eggplant Parmesan	Quiche Omelets Deviled Eggs Eggs Benedict Cheese Soufflé	Quiche Crepes Waffles Pancakes French Toast	Quiche Omelets Feta Cheese Poached Eggs Scrambled Eggs Eggplant Parmesan	Quiche Deviled Eggs Poached Eggs Scrambled Eggs Collage Cheese Scrambled Eggs	Chili Releños Scrambled Eggs Breakfast Casseroles Huevos Rancheros	Scrambled Eggs	Soufflés Scrambled Eggs	Soufflés Quiche	Omelets Scrambled Eggs Breakfast Casseroles Huevos Rancheros	Omelets Eggs to Order Frittata Deviled Eggs Soufflés	Egg Foo Yong	Omelets				
MEATS	Tacos Fajitas Steaks Pork Chops Grilled Chicken Mexican Dishes	Pizza Roasts Lasagna Meat Loaf Meat Balls Beef Stew Roast Chicken Veal Parmesan	Veal Steaks Pot Roasts Corned Beef Poached Chicken Casseroles	Ribs Steaks Pot Roasts Meat Loaf Strongroff	Ribs Tacos Steaks Roasts Burritos Enchiladas Hamburgers Fried Chicken	Baked Chicken Scalloped Potatoes and Ham	Ham Pork Lamb Steaks Jerk Dishes Sauerbraten	Steaks Chicken Jerk Chops Turkey Burgers	Ham Roast Jerk Dishes Corned Beef Roast Chicken	Tacos Fajitas Meat Ribs Wild Game Indian Dishes Mexican Dishes	Veal Pork Beef Kabobs Curries Chicken Roast Lamb Indian Dishes	Veal Lamb Hamburgers Pork Roasts Chicken Casseroles	Ham Sir-Fry Roast Pork Asian Dishes Pepper Steak Braised Steaks Grilled Chicken	Ham Pork Turkey Sir-Fry Chicken Sausage Ham Loaf Pork Chops	Ham Chicken Roast Chicken Sausage Ham Loaf Pork Chops	Gyros Pizza Roasts Meat Loaf Italian Dishes Roast Chicken Mexican Dishes Sub Sandwiches	Ham Turkey Sir-Fry Chicken Sausage Ham Loaf Pork Chops	Ham Chicken Roast Chicken Italian Sausage Chicken Casseroles	Veal Ham Chicken Meat Loaf Sausage	Gyros Pizza Roasts Meat Loaf Italian Dishes Roast Chicken Mexican Dishes Sub Sandwiches	Ham Goulash Roasts Baked Chicken Roast Chicken Italian Sausage Chicken Casseroles	Veal Turkey Burgers Meat Balls Cajun Dishes Fried Chicken Mexican Dishes	Ribs Fajitas Steaks Meat Balls Cajun Dishes Mexican Dishes	Pizza Sausage Pork Chops Asian Dishes Italian Dishes Mexican Dishes	Veal Turkey Wild Game Pork Chops Roast Pork Roast Lamb Roast Chicken	Pork Turkey Sausage Wild Game Turkey Burgers Chicken Casseroles	Meat Ribs Prime Rib Steak au Poivre Chicken Roast Duck Veal Scaloppine	Chicken Pork Chops Grilled Meats Asian Dishes	Duck Steaks Turkeys Tamales Roast Beef Lamb Chops Roast Chicken Mexican Dishes
FISH & SEAFOOD	Salmon Marinades Mussels Baked Fish Shrimp Scampi	Loxster Crab Legs Poached Fish Spiced Shrimp	Salmon Halibut Crab Cakes	Fish Stew Fish Taco Seafood Enchiladas	Scallops White Fish Shrimp Scampi	Snapper Veracruz	Titipala Shrimp Snapper Fish Tacos Salmon Sandwich	Poached Fish Spiced Shrimp	Fish Tacos	Shrimp Curry	Trout Salmon Baked Fish Broiled Shrimp Casseroles	Shrimp Swordfish	Halibut Seafood Baked Fish Broiled Fish	Baked Fish	Baked Fish	Shrimp Fish Tacos Baked Fish Broiled Fish Tuna Steaks	Paella Seafood Baked Fish Broiled Fish	Fish Crab Cakes Red Snapper Shrimp Scampi	Fish Shrimp Catfish Jambalaya Crab Cakes Cajun Shrimp Blackened Fish	Jambalaya Cajun Seafood	Broiled Fish Poached Fish	Stuffed Fish Baked Fish Broiled Fish	Crab Boil Lobster Chilled Shrimp Salmon Baked Fish Fried Fish	Baked Fish Swordfish	Salmon Scaviche				
SALADS	Taco Pasta Mexican Caesar Salad Dressings	Tuna Potato Chicken Sautéed Marinated Vegetable Tomato and Mozzarella	Potato	Tuna Bean Pasta	Taco Bean Pasta	Potato Tossed Creamy Pasta	Fruit Waldorf Applesauce Apple Rings Fruit Compote	Tuna Pasta Chicken Seafood Salad Dressings	Pickled Beets Fruit Compote	Taco Bean Pasta Chicken Arrozado Marinated Vegetable	Tuna Potato Chicken Seafood Marinated Vegetable	Tuna Pasta Potato Chicken Colelaw Vegetable Cucumber	Rice Fruit Chicken Tuna Salad	Pasta Chicken Marinated Vegetable	Egg Pasta Potato Colelaw Vegetable	Fruit Chicken	Taco Bean Potato Vegetable	Egg Tuna Pasta Potato Chicken Colelaw	Pasta Caesar Potato Colelaw Vegetable Tabouleh	Taco Pasta Potato Jicama Fried Chicken	Taco Pasta Potato Chicken Vegetable	Tomato	Chicken	Caprese Fresh Vegetable Potato Salad Dressings Bean Egg	Pasta Tossed Spinach Asian Chicken	Tomato Vegetable			
SAUCES & RELISHES	Salsa Queso Sour Cream Cream Cheese Ranch Dressing Mexican Sauces	Pesto Alfredo Tomato Sauce Marinara Marinades Clam Sauce Spaghetti Sauce Barbecue Sauce	Pickles Marinades Tomato Sauce Bouquet Garni Spaghetti Sauce Barbecue Sauce	Cocktail Sauce Barbecue Sauce Salad Dressings	Tomatillo Taco Sauce Sour Cream Ranch Dressing Barbecue Sauce Enchilada Sauce	White Sauce Yogurt Sauce Ranch Dressing Ranch Dressing Chocolate Sauce	Molé Chutney Relishes Fruit Sauce Chocolate Sauce	Sour Cream Drawn Butter Cream Cheese Ranch Dressing Sandwich Spreads	Chutney Relishes Shredded Onion Shredded Orange Barbecue Sauce	Molé Salsa Marinades Salsa Verde Salad Dressings Barbecue Sauce Enchilada Sauce	Pickles Chutney White Sauce	Pickles Sour Cream White Sauce Cocktail Sauce Cheese Sauce Salad Dressings Cucumber Sauce Enchilada Sauce	Fruit Peanut Relishes Marinades Soy Sauce White Sauce	Olive Oil Marinara Marinades Red Sauce White Sauce Cheese Sauce	Ham Glaze Honey Mustard Salad Dressings Meat Marinades Seafood Sauce Barbecue Sauce Asian Dipping Sauce	White Sauce Fruit Compote Dessert Sauces Chocolate Sauce	Marinara Olive Oil Marinades Clam Sauce Tomato Sauce Spaghetti Sauce Barbecue Sauce Salad Dressings	Marinades Hollandaise White Sauce Salad Dressings	Alfredo Relishes Country Gray Spaghetti Sauce Salad Dressings	Salsa Alfredo Relishes Country Gray Spaghetti Sauce Salad Dressings	Salsa Alfredo Peanut Sauce Tomato Sauce Salad Dressings Barbecue Sauce	Gravy Marinades Poultry Gravy Salad Dressings	Salsa Gravies Braise Part Sauce Hollandaise	Peanut Sauce Salad Dressings	Marinades Peanut Sauce Salad Dressings	Molé Marinara Marinades White Sauce Bouquet Garni			
VEGETABLES & STARCHES	Potatoes Rice Pilaf Pinto Beans Grilled Corn Refried Beans	Peas Corn Carrots Zucchini Potatoes Tomatoes Asparagus Mushrooms Rice Pasta	Rice Potatoes	Peas Noodles Potatoes Tomatoes Cabbage Cauliflower Green Beans	Corn Zucchini Tomatoes Cauliflower Pinto Beans Black Beans Spanish Rice Refried Beans	Rice Corn Pasta Carrots Potatoes Cauliflower Baked Potatoes Summer Squash Sweet Potatoes	Rice Beets Carrots Stuffing Green Beans Winter Squash Sweet Potatoes	Carrots Broccoli Rice Pilaf Asparagus Green Beans Sweet Potato Fries	Beets Onions Carrots Cabbage Winter Squash Sweet Potatoes	Corn Eggplant Couscous Tomatoes Rice Pilaf Black Beans Acorn Squash Zucchini	Corn Carrots Broccoli Potatoes Couscous Cabbage Cauliflower Green Beans Summer Squash Carrots Potatoes Broccoli	Peas Tomatoes Pasta Zucchini Cabbage Cauliflower Green Beans Summer Squash Carrots Potatoes Broccoli	Peas Asparagus Zucchini Cabbage Cauliflower Winter Squash Stir-Fry Vegetables	Pickles Baked Beans Brussel Sprouts	Rice Beets Squash Broccoli Cabbage Tomatoes Asparagus Green Beans Roasted Potatoes Pasta	Rice Corn Grits Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Carrots Greens Squash Peppers Spinach Tomatoes Cauliflower Roasted Potatoes Mixed Vegetables	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Carrots Greens Squash Peppers Spinach Tomatoes Cauliflower Roasted Potatoes Mixed Vegetables	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes	Rice Corn Pasta Potatoes Cauliflower Spanish Rice Mashed Potatoes		
BREADS & DESSERTS	Corn Bread Crispy Tortilla Strips	Stuffing Crostini Focaccia Herb Bread Breadsticks	Muffins Biscuits	Tortillas Cornbread	Biscuits Crostons Herb Rolls Garlic Bread	Cakes Crostons Herb Rolls Fruit Pies Soppalitas Yeast Breads Coffee Cakes Chocolate Desserts	Pies Fruit Cakes Muffins Cookies Rice Pudding Coffee Cakes Baked Apples	Cornbread	Pita Bread Baked Fruit	Muffins Crostons Dumplings Sourdough Yeast Breads	Fruit Cakes Muffins Cookies Gingerbread Coffee Cakes	Stuffing Crostons Focaccia Herb Rolls Herb Bread	Pretzels	Pies Cakes Muffins Cobbler Cookies Doughnuts Bread Pudding	Muffins Biscuits Breadsticks Bread Sticks Garlic Bread	Stuffing Dumplings Garlic Bread	Stuffing Cornbread Corn Fritters Hush Puppies	Focaccia Yeast Bread	Focaccia Potato Rolls	Muffins Biscuits Stuffing	Crackers Breadsticks Dinner Rolls	Bagels Granola Yeast Breads Hamburger Buns	Stuffings Focaccia Herb Bread						