

# FLAVOR UP

WITH HERBS AND SPICES



SPICE

CINNAMON (OR NUTMEG)

CLOVES

CURRY POWDER (OR CUMIN)

DILL

MAJORAM

OREGANO

ROSEMARY

SAGE

THYME

TYPE OF FOOD



SOUP



FRUIT



CORN



POTATO



SOUP



TOMATO



LAMB



BEEF



BEEF



SQUASH



BEEF



TOMATO



TOMATO



PEAS



CHICKEN



CHICKEN



POTATO



CHICKEN



CARROT



FISH



FISH



SQUASH



GREEN BEAN



POTATO



POTATO



GREEN BEAN



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