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1-800-827-8328

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No Salt / No sugar

Magic Seasoning Blend Recipes



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

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BAKED LEMON PEPPER PORK CHOPS (serve 4)

4-6 ounces Pork chops, bone in, 1/2-inch thickness
2 tbsp **Lemon & Cracked Pepper**

Sprinkle 1 teaspoon of lemon pepper seasoning on sides of pork chops patting into the meat and making sure there is an even distribution on all sides. Sprinkle 1/2 teaspoon of oil on each side of the seasoned chops patting to assure even coating. Place on a baking pan or rack in a preheated 425°F oven and bake without turning for 15 minutes. Remove from pan and serve immediately.

CHICKEN STIR FRY (serves 2)

1 cup red bell pepper, cut into 2
1 cup green bell pepper, cut into 2
1 cup white onion, cut into 2
1/2 cup carrot, cut into 2
1 8-10 oz chicken breast,
3/4 cup fresh pineapple, cut into 1/4
2 tbsp **Six Spice**
1 tbsp cornstarch
1 cup no salt added chicken broth
1 tbsp rice wine vinegar
1 tbsp vegetable oil

Place chicken strips in a bowl and mix in 1 tablespoon of the Six Spice. Place in the refrigerator while cutting the remaining vegetables. Mix cornstarch, chicken broth and rice wine vinegar and remaining Six Spice in a bowl and set aside. Preheat sauté pan or wok with the vegetable oil to 375°F. Add chicken and stir until browning begins (approx. 2 min). Add remaining vegetables and pineapple and sauté stirring constantly for 4 minutes. Add cornstarch mixture and stir until the sauce becomes clear (approx. 2 minutes). Remove from heat and serve immediately while vegetables are still crisp. Sprinkle a small amount of Six Spice over each dish as a garnish.

Lemon Pepper Mahi-Mahi (Serves 2)

2 6 oz Mahi-Mahi Fillets
2 tbsp **Lemon & Cracked Pepper**
2 tsp vegetable oil

Preheat oven to 475 degrees. Rub 1 teaspoon of vegetable oil on each fillet. Sprinkle one tablespoon of the Lemon & Cracked Pepper over each fillet and pat in, making sure all sides are evenly coated. Place fillets on a baking sheet and bake for 12 minutes. Remove and serve immediately.

HAPPY COOKING !!
Heidi & David

CORN and ANDOUILLE SOUP

Makes 10 appetizer or 5 main-course servings

3	tbsp	vegetable oil
½	cup	flour
2	tbsp	Sweet & Spicy
1	cup	chopped onions
½	cup	chopped green bell peppers
3	cups	corn kernels, fresh or canned
½	cup	chopped tomatoes
2	tsp	minced fresh garlic
4	cups	chicken stock
6	ounces	Andouille Smoked Sausage, cut into ½-inch pieces

Place the oil in a small skillet over high heat. When the oil is hot, whisk in the flour. Continue to whisk constantly until the roux is the color of peanut butter, about 30 seconds. Remove from heat, then stir in the Sweet & Spicy and the vegetables. The roux will get slightly darker as it cools.

When the roux is cooled, combine the roux and the stock in a pot. Whisk until fully combined and set aside.

Brown the andouille in a skillet over high heat. Add to the roux/stock mixture and place over high heat. Bring to a boil, stirring constantly, then reduce the heat to low and simmer, stirring occasionally, until the soup is thick and the flavors have come together, about 45 minutes. Remove from heat and serve.

HEARTY SPAGHETTI WITH MEAT SAUCE

Makes enough sauce for 4 servings

8	ounces	bottom round of beef or very lean hamburger
1	cup	onion, diced to ¼ inch
1	cup	celery, diced to ¼ inch
½	cup	green bell pepper, diced to ¼ inch
1	14.5 ounce	can diced tomato, no salt added
3	tbsp	Seven Herb Seasoning
1	cup	fresh tomato, diced small
¼	cup	beef stock, no salt added
1	tbsp	tomato paste
2	tsp	Sweet & Spicy Seasoning
2	tbsp	olive oil

Preheat a 3 quart pan or braising pan and add oil. When oil is heated, place celery, onion and bell pepper in the pan and sauté until onions begin to brown on the edges. Add minced beef and sauté until onions and beef are brown. Add tomato paste, canned and fresh tomatoes, beef stock and seasonings. Cover and simmer for 15 minutes. Take off the lid to reduce until sauce reaches desired thickness (about 15 minutes). Remove from heat and serve over spaghetti pasta.

SIX SPICE SHRIMP (makes 2 servings)

8	ounces	medium shrimp, peeled and deveined
1	cup	heavy whipping cream, in all
3½	tbsp	Six Spice
2	tsp	vegetable oil
1	cup	white onion, cut into 2 x 1/8 inch strips
½	cup	red bell pepper, cut into 2 x 1/8 inch strips
1	cup	green bell pepper, cut into 2 x 1/8 inch strips
¼	cup	dry white wine, seafood stock, or water
2	tsp	lime juice
2	cups	cooked rice or pasta

Place shrimp in a bowl. Moisten with 1 tablespoon heavy cream and mix to coat shrimp thoroughly. Add 1 tablespoon of Six Spice. Mix well, making sure all sides of the shrimp are coated evenly.

Preheat a 10 to 12-inch sauté pan with the vegetable oil. Add onion and red and green bell peppers. Sauté until onions begin to brown. Add seasoned shrimp and sauté, stirring for ½ minute. Add the dry white wine and lime juice to deglaze the pan. Allow the wine to reduce by half, then add the remaining heavy cream. Stir in the remaining Six Spice, incorporating the seasoning into the sauce. Reduce the heat to low and simmer for about 3 minutes. Mixture should thicken and coat the shrimp with a rich layer of sauce. Remove and serve over rice or pasta.

LEMON PEPPER PICO DE GALLO (Serve 4-6 people)

2½	cups	fresh tomato, cored and cut into quarters
1½	cups	white onion, cored and cut into eights
1	cup	green bell pepper, cored and cut into eights
1	cup	red bell pepper, cored and cut into eights
2	tbsps	fresh cilantro leaves, removed from stem
¼	cup	jalapeno
1	tbsp	distilled vinegar
6	tbsp	Lemon and Cracked Pepper

Place all ingredients in a food processor and blend for 10 Seconds. Stop, scrape the sides of the processor bowl and blend for 5 more seconds. Remove and serve with "no salt added" tortilla chips.



MAGIC CHICKEN ALFREDO (Makes 2 Servings)

2		boneless, skinless chicken breasts cut into strips
1	tbsp	olive oil
2	tbsps	Toasted Onion & Garlic
½	cup	fat-free cream cheese, cut into cubes
2	tbsps	Parmesan cheese, shredded
½	cup	milk
2	cups	cooked fettuccini, or your favorite pasta

Place chicken in a bowl and toss with olive oil, making sure each piece is evenly coated. Add the Toasted Onion & Garlic and toss until all pieces are coated. Preheat a nonstick 10 or 12-inch sauté pan over medium heat. Place chicken in pan, turning to brown on all sides. Turn heat to medium low. Add cream cheese, Parmesan cheese and milk, stirring until all cheese is melted and incorporated into the sauce. Simmer for ½ minute until sauce thickens. Serve over pasta.

ONION & GARLIC CUCUMBER CREAM DRESSING

(yields 1 quart plus)

2½	cups	cucumber, peel on, rough cut
½	cup	celery, rough cut
2	cups	red onion, peeled, rough cut
1	cup	cream cheese, fat-free
1/3	cup	cidar vinegar
1	cup	sour cream, low-fat or fat-free
¼	cup	Toasted Onion & Garlic
2	tbsps	Lemon & Cracked Pepper

Place vegetables and cream cheese in a food processor and chop until particles are small and cream cheese is mixed in with the cucumber juices. Add seasonings, vinegar, and sour cream. Puree until all the sour cream is incorporated into the dressing. Remove and chill. Serve over salad or as dipping sauce.

RST. LEMON PEPPER WINTER VEGETABLES (yields 4 servings)

1	cup	red onion, peeled and cut into 1 inch dice
1	cup	carrot, peeled and cut into 1 inch dice
½	cup	parsnip, peeled and cut into 1 inch dice
½	cup	fennel bulb, cut into 1 inch dice
1	cup s	weet potato, peeled and cut into 1 inch dice
½	cup	celery, cut into 1 inch dice
½	cup	turnip, peeled and cut into 1 inch dice
2	tbsps	olive oil or vegetable oil
5	tsps	Lemon & Cracked Pepper

Preheat oven to 425°F. Toss all vegetables with olive oil making sure that all have a thin coating. Place the vegetables in the oven in a shallow roasting pan or sheet pan and roast for 45 minutes, turning with a spatula twice during the cooking process. After 45 minutes, take vegetables out of the oven and toss with the Lemon & Cracked Pepper Seasoning. Return to the oven for 15 more minutes. Remove and serve.

RICE PILAF (yields 4-6 portions)

2	Tbsp	Olive Oil
2	cups	Onions, chopped
3	each	Bay Leaves
1	Tbsp	Garlic, minced
1	cup	Parboiled Brown Rice
2	cups	Low Sodium or No Salt Added Chicken Stock
2	Tbsp	Lemon Juice
3	Tbsp	Toasted Onion and Garlic Seasoning
½	tsp	Black Pepper
1	Tbsp	Worcestershire Sauce

Heat the olive oil in a 4 quart sauce pot over medium heat. When the oil is hot, add the onions and bay leaves, then sauté until translucent, about 8 minutes. Add the garlic and sauté for another 2 minutes. Add the brown rice and stir to coat the rice evenly with the oil. Add the stock, lemon juice, Toasted Onion and Garlic, black pepper, and Worcestershire sauce. Stir until well mixed and bring to a boil. Once mixture comes to a boil, turn down to low and cover. Cook until rice is tender and liquid is absorbed, 20 – 25 minutes.

SEVEN HERB CHICKEN & MUSHROOMS (serves 4)

4		boneless skinless chicken breasts, cut in half
1	cup	crimini mushrooms, quartered
¼	cup	celery, small dice (¼ inch)
¼	cup	onion, small dice (¼ inch)
¾	cup	fresh tomato, ½ inch dice with seeds
1	cup	chicken stock (no salt added)
½	cup	Chardonnay, dry
3	tbsps	Seven Herb
2	tbsps	all purpose flour
4	tsps	vegetable oil

Mix all purpose flour and 2 tablespoons of the Seven Herb together in a bowl. Place chicken in the flour mixture and mix to coat evenly. Place chicken 2 tablespoons of chicken stock then back into the seasoning mixture. Preheat a 10-12 inch non stick sauté pan and add oil. Place floured chicken medallions in the pan and evenly brown on each side. Remove the chicken from the pan and set aside. Place the onions and celery in the pan and quickly sauté until translucent. Add the mushrooms and sauté until they begin to brown. Add the tomato sauté for 1 minute. Add remaining flour mixture remaining in the bowl and remaining seven herb seasoning, and mix in thoroughly. Add Chardonnay and mix until thickening begins. Place chicken back into sauce, turn every minute. Simmer for 5-7 minutes until sauce reached desired thickness and chicken breasts are firm. Remove and serve over pasta or brown rice.

SESAME WASABI DRESSING (yields about 2 ½ cups)

2 cups mayonnaise
3 tbsps minced ginger
1 tbsp low sodium soy sauce
½ cup sake
4 packets Stevia sweetener
2 tbsp sesame oil
2 tbsps **Six Spice**
2 tsps white sesame seeds
2 tsps black sesame seeds
4 tsps wasabi powder

Combine all ingredients and whisk until smooth.

SEVEN HERB MEATLOAF (makes 4 servings)

5 tbsps **Seven Herb**
1 pound ground beef, 85% lean or leaner
¼ cup low sodium beef stock, or water
½ cup bread crumbs
½ cup white onion, finely diced
¼ cup celery, finely diced
½ cup fresh Ancho (poblano) pepper, finely diced
2 Roma tomatoes, finely diced
1 large egg, beaten
vegetable oil spray
4 Roma tomato slices, reserved for garnish

Preheat oven to 425°F. Spray a 4x6 inch loaf pan with vegetable spray and coat the pan with 1 tablespoon of the Seven Herb. Reserve 1 tablespoon of the Seven Herb, 2 teaspoons onion and the 4 tomato slices for garnish. In a chilled bowl or in a mixer with paddle attachment, combine ground beef, stock, bread-crumbs, onion, celery, peppers, tomatoes, egg and the remaining Seven Herb. Place the ground meatloaf mixture in the seasoned pan and garnish the top with tomato, onion and reserved Seven Herb. Cook in the preheated oven for 40 minutes allowing the garnish to get brown and crispy. Remove and let rest for 5 to 10 minutes. Slice and serve.

SHITAKE MUSHROOM RELISH (makes 3 cups)

2 tbsps vegetable oil
7 ounces fresh shiitake mushrooms, sliced
2 ounces julienne carrots
2 ounces julienne celery
4 ounces sliced onion
½ cup rice vinegar
3 packet Stevia sweetner
2 tsps **Sweet and Spicy**
2 tsps chopped fresh cilantro (coriander leaf)
1 tbsp sesame oil

Sauté all the ingredients except the cilantro and sesame oil until half cooked. Transfer to a bowl and add the cilantro and sesame oil. Refrigerate immediately.

TURKEY SLIDERS (serves 1-2)

6 ounces Ground Turkey (85/15 or leaner)
3 tsps **Seven Herb**

Preheat a nonstick skillet over low to medium heat. Mix turkey and 2 teaspoons of the Seven Herb and form two 3 oz patties. Place patties in the skillet and cook 5 minutes on each side. Remove patties from the skillet (leave heat on) and add ¼ teaspoons of the remaining Seven Herb to each side of each patty. Return patties to the hot skillet for a few seconds of each side and then remove from the skillet. Serve immediately on a bun with your favorite burger condiments. (Watch the salt content in your condiments!)

SWEET PINEAPPLE SALSA (yields about 5-6 cups)

4 cups fresh pineapple, peeled and cut
1 cup red bell pepper, cored and cut into large dice
1 cup green bell pepper
1 cup red onion (1 small)
4 tsps **Six Spice**
¼ tsp distilled vinegar

Place all ingredients in a food processor and pulse until you reach desired consistency for your salsa, do not purée. Chill and serve with chips, in a wrap, or over chicken or seafood.

SIX SPICE PORK CURRY (makes 4 cups)

12 ounces boneless pork loin or tenderloin, cut into bite-size chunks
2 tbsps **Six Spice**, in all
4 tbsps unsalted butter
1 cup chopped onions, in all
2 tbsps minced fresh jalapeño peppers
1 cup chopped unpeeled apples
1 medium overripe banana, sliced
1½ tbsps mild curry powder
2 cups pork or chicken stock, in all
½ cup canned cream of coconut
hot cooked white rice

Sprinkle the pork evenly with the Six Spice and rub it in well. Set aside. Melt the butter in a pot over high heat. Add the pork and cook, stirring frequently until the pork is browned, 2-3 minutes. Add the onions, jalapeños, apples and banana. Cook, stirring and mashing the bananas until they are very soft, about 5 minutes. Add the curry powder and stir briefly, then add the stock and coconut cream. Bring to a simmer, then reduce the heat to low. Simmer and stir until the pork is cooked through, 5 – 10 minutes. Remove from the heat and serve over rice.

SIX SPICE PORK WITH CINNAMON ORANGES (serves 2)

2-4 ounces pork chops
1 tsp **Six Spice**
cooking spray OR vegetable oil

Preheat a nonstick skillet over medium heat. Coat both sides of pork with the Six Spice. Spray the skillet with cooking spray or spread oil evenly over cooking surface. Place pork in the skillet and flip frequently while cooking a total of 5-6 minutes. Remove from heat; allow to rest for 3 minutes. Serve with Cinnamon Oranges and your favorite mixed vegetable medley.

Cinnamon Orange Recipe

Mix a 15 ounce can of "No Sugar Added" Mandarin Oranges with one teaspoon of ground cinnamon, or to taste. Serve chilled.

SPANISH RICE (Makes 50 - ½ cup portions)

2½ quarts water
3½ tbsps Vegetable oil, canola
3½ cups tomatoes, diced, no salt added
½ cup **Six Spice**
¾ cup tomato paste, no salt added
4 cups onions, frozen, chopped
2 cups peppers, sweet, green, frozen, chopped
¼ pound butter, without salt
¾ pound rice, long grain, brown, dry

Pour hot tap water into a steam table pan. Add the oil, tomatoes, margarine, seasoning, tomato paste, onion, bell pepper, Stir well until tomato paste is fully dissolved. Add rice and stir well. Cover tightly and bake at 350°F until rice is tender, about 45-60 minutes.

SPICY SWEET POTATO FRIES (makes 50 ½ cup portions)

8 pounds sweet potato fries, without salt
½ cup **Sweet & Spicy**

Immediately after cooking the fries, toss with seasoning. If seasoning is not adhering to the fries, spray a small amount of non-stick cooking spray directly on the fries and toss until the seasoning sticks.

*Chef Paul's Seasonings are truly "Season to Taste". Start with 1 tablespoon per pound of prepared fries and add more if needed until it's as you like it.

SUMMER PASTA SALAD (makes 4 servings)

6 ounces bow tie pasta, (dry)
1 tbsp olive oil
4 ounces feta cheese, crumbled
¾ cup roma tomatoes, cut in half
12 ounces artichoke hearts, quartered
1/3 cup black olives, sliced
2 tbsps **Seven Herb**
2 tbsps grated parmesan cheese
1 tbsp lemon juice concentrate

Cook the pasta according to the package directions. Drain pasta, then rinse under cold water until cool. Combine all the remaining ingredients and toss well.

SWEET & SPICY PORK CHOPS w/ APPLES (makes 4 servings)

4 pork chops with bone (about 6 ounces each), 1/2 inch thick
2 tbsps vegetable oil
5 tbsps + 1 tbsp **Sweet & Spicy**
1 large unpeeled apple, cored, sliced into ¼" thick slices
1 tbsp unsalted butter, melted

Pork Chops

Rub ½ teaspoon of oil on both sides of each pork chop to insure an even coating. Sprinkle 1½ teaspoons of the Sweet & Spicy on both sides of each pork chop, patting in to insure even distribution on all sides. Set aside and let marinate while preparing apples.

Apples

In a bowl, pour melted butter over the apples and sprinkle on 1 tablespoon the Sweet & Spicy mixing to insure an even coating.

Preparation

Place the pork chops and apples in a 9 x 13-inch baking pan with apples in between each chop. Bake at 475°F for 12 to 15 minutes. Remove from the oven. Place the pork chops on a warm plate with apples alongside. Pour pan drippings over the pork chops and serve immediately.

SWEET & SPICY CORN ON THE COB (make 4-6 ears of corn)

4-6 ears corn, sweet, yellow, frozen, kernels on 5-6 inch cob
2 tbsps **Sweet & Spicy**

Steam or boil corn on the cob. Sprinkle Sweet & Spicy seasoning evenly over corn on the cob.

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