

**All-Purpose PLEASONING®**

The secret of many restaurant and institutional kitchens. Use in place of salt and pepper. Great on hamburgers, all meats, fish, eggs, vegetables and more! Ingredients: SALT, SPICES, GROUND GRAINS (wheat, corn, rice or barley), ONION, MSG, GARLIC, NATURAL FLAVOR, RICE CONCENTRATE (for free flow).

110mg sodium per 1/4 tsp.

**Our Most Popular Seasoning!**

**Bar-B-Que Spice PLEASONING®**

Bar-b-que sauce recipe is right on the label! Brush it on your chicken, ribs, pork chops, etc. Makes great sloppy joes (recipe on label). Ingredients: SPICES, SALT, GARLIC, GROUND GRAINS (wheat, corn, rice or barley), HONEY, STARCH, SMOKE, RICE CONCENTRATE.

60mg sodium per 1/4 tsp.

**Just add Ketchup for a great Sauce!**

**Bavarian Sausage PLEASONING®**

For all you sausage making needs. Great for pork, venison, beef and more! 1 tablespoon per pound of meat.

Ingredients: SALT, SPICES, CARAWAY, DEXTROSE, GARLIC, ONION, MSG.

**Makes great Brats and More!**

Gluten Free

130mg sodium per 1/4 tsp.

**Beef - N - More PLEASONING®**

The name says it all! Try it on hamburgers, steaks, brisket, pork chops, ribs, pork steaks, tenderloins, chicken, fish, vegetables, soups, salads, N - More! Ingredients: SALT, SPICES, GARLIC, ONION.

Gluten Free

85mg sodium per 1/4 tsp.

**A Bold Blend for Beef & More!**

**Beef Rub**

From simple hamburgers to complex briskets, this beef rub is all you'll need. Shake on, cook to temp and enjoy!

Ingredients: SPICES (to include Paprika and Pepper), SALT, GARLIC, RICE CONCENTRATE (for free flow).

100mg sodium per 1/4 tsp.

**Enjoy our Beef Rub!**

**Bloody Mary Mix PLEASONING®**

No need to buy those bottles of mix anymore! Just fill a 16 oz. glass with ice, add vodka, tomato juice (a small can is perfect), 1-2 dashes Worcestershire Sauce and 1 tsp. Bloody Mary Mix. Ingredients: SALT, SPICES, GROUND GRAINS (wheat, corn, rice, barley or sesame), ONION, GARLIC, MSG, NATURAL FLAVOR, SUGAR, RICE CONCENTRATE (for free flow).

140mg sodium per 1/4 tsp.

**Bloody Marys Made Simple!**

**Breading Mix PLEASONING®**

Delicious on chicken, fish, pork or venison. Just wash the meat, coat with Breading Mix and brown until done. (fry pan or oven).

Meatloaf recipe on our website. Ingredients: See full ingredients online at [www.peasoning.com](http://www.peasoning.com)

**The seasoning Is Right In The Mix!**

**Breakfast Sausage PLEASONING®**

Tired of store bought, over salted breakfast sausage with no flavor? Turns out, it's easier, tastier and healthier to make your own! Add 1 TBL to 1 pound ground pork (turkey, chicken or beef), make into patties, cook until done. Ingredients: SALT, SPICES, SUGAR, GARLIC, MSG, HONEY, RICE CONCENTRATE.

80mg sodium per 1/4 tsp.

**Breakfast Just Got Better!**

**Cajun PLEASONING®**

Use on fish and in your favorite Cajun dishes. Invent your own taste treats with this delicious seasoning blend. Many use it as an all-purpose seasoning in place of salt and pepper. Ingredients: SALT, SPICES, GROUND GRAINS (wheat, corn, rice or barley), GARLIC, RICE CONCENTRATE (for free flow).

70mg sodium per 1/4 tsp.

**Louisiana Old Country Blend**

**Caution! PLEASONING®**

For those wanting spicy hot WITH flavor, Caution! Is the heat you've been waiting for. Great on meats, vegetables, dips, Bloody Marys! Ingredients: SPICES (to include capsicum and cayenne), SALT, SUGAR, GARLIC, MSG, RICE CONCENTRATE.

85mg sodium per 1/4 tsp.

**A Heat Lovers Delight!**

**Cheddar PLEASONING®**

A wonderful alternative to table salt. An excellent garnish on vegetables such as broccoli and carrots. Gives popcorn a delicious natural cheese flavor!

Contains 0 Carbs or Calories per serving.

SALT, RICE CONCENTRATE (for free flow).

Ingredients: DEHYDRATED REAL CHEDDAR CHEESE, GROUND GRAINS (wheat, corn, rice or barley).

80mg sodium per 1/4 tsp.

**Contains REAL Cheddar Cheese!**

**Chicken PLEASONING®**

The only chicken seasoning you'll ever need! Great for baked and grilled chicken. Chicken breast, chicken salad, turkey even fish! Try using is as an all-purpose seasoning on everything! Ingredients: SALT, SPICES (to include paprika), SUGAR, MSG, ONION, GARLIC, RICE CONCENTRATE (for free flow).

Gluten Free

130mg sodium per 1/4 tsp.

**Something To Crow About!**

**Chicken & Pork Rub**

From wings to pork butts even your turkey, this rub covers all of them. Shake on, cook to temp and enjoy!

Ingredients: SALT, SPICES (to include Paprika and Pepper), GARLIC, RICE CONCENTRATE (for free flow).

110mg sodium per 1/4 tsp.

**Enjoy our Rub!**

**Chili PLEASONING®**

You'll never use chili powder again! The secret of many Chili Cook-off Champs. Chili recipe is right on the label. Try it on fish or in your favorite casseroles.

Ingredients: SPICES (includes cumin, cayenne, chili peppers), SALT, GARLIC, ONION, NATURAL FLAVOR, SMOKE, RICE CONCENTRATE (for free flow).

Gluten Free

60mg sodium per 1/4 tsp.

**A Complete Chili Sesaoning!**

**Cinful® PLEASONING®**

Sprinkle on toast, rolls, rice, etc. Put on oatmeal for a "Cinful" breakfast. This special blend has a generous amount of Extra-Fancy Cinnamon plus selected spices from the East Indies, Ceylen, Malaya, China & Jamaica. Ingredients: SUGAR, CINNAMON, NUTMEG, ALLSPICE, SPICES

Gluten Free

**Use it in Your Apple Pies!**

**Cinnamon (Extra Fancy)**

Only this type of cinnamon, from the quills of a rare oriental cinnamon tree, is rated "extra-fancy". It has a richer flavor, taste the difference. Use it for all your baking needs. Great in cider and on your desserts! Ingredients: CINNAMON

**Rich Gourmet Flavor!**

**Frank's Blend PLEASONING®**

This blend of herbs and spices brings out the rich flavors of good food. Fantastic on all meats, spaghetti sauces, salads, stir fry and casseroles. Makes great soup without using a bullion cube! Ingredients: SALT, GROUND GRAINS (wheat, corn, rice or barley), SPICES, GARLIC, ONION, MSG, LEMON OIL, NATURAL FLAVOR, RICE CONCENTRATE (for free flow).

100mg sodium per 1/4 tsp.

**A Great Gourmet Seasoning!**

**Garlic Garlic PLEASONING®**

Stronger than a clove of garlic! Enjoy this terrific taste temptation. Use as you would garlic powder. Makes cooking with garlic easy! Sodium-Free!

Ingredients: GARLIC, GROUND GRAINS (corn or rice), GARLIC EXTRACTS, NATURAL FLAVOR, RICE CONCENTRATE. Gluten Free

**A Garlic Lover's Dream!**

**Garlic Salt PLEASONING®**

If you like garlic, you'll love this! More flavor than other garlic salts with a lot less sodium! Great on toast, chicken, game, fish or seafood.

Put it on vegetables and in casseroles. Ingredients: GARLIC, SALT, SUGAR. Gluten Free

45mg sodium per 1/4 tsp.

**More Flavor Than Other Garlic Salts!**

**Garlic Salt with Oregano PLEASONING®**

Use as you would garlic salt. Great for garlic toast, pastas and in casseroles. Taste the difference!

Gluten Free

**Garlic Salt With Something Extra!**

Ingredients: GARLIC, SALT, SUGAR, OREGANO.

45mg sodium per 1/4 tsp.

**Greek PLEASONING®****The Ultimate Greek Seasoning!**

Use as you would an all-purpose seasoning. Great on beef, in salads and soups. Made with REAL lemon oil. Adds zip to those frozen meals and pizzas!

Ingredients: SALT, SPICES, GARLIC, SUGAR, LEMON OIL, NATURAL FLAVOR, RICE CONCENTRATE. Gluten Free

75mg sodium per 1/4 tsp.

**Italian PLEASONING®****An Old Sicilian Blend!**

Excellent for seasoning your spaghetti sauce or pizza. No additional seasoning is necessary! Use this original old world blend in your favorite sausage recipe.

Ingredients: SALT, SPICES, SUGAR, GARLIC, MSG, RICE CONCENTRATE. Gluten Free

100mg sodium per 1/4 tsp.

**Jamaican Jerk PLEASONING®****Ease Up and Enjoy!**

A Jamaican blend of herbs and spices that adds a Caribbean kick to any fish, poultry, pork or beef.

Ingredients: SPICES (to include peppers), SALT, SUGAR,

ONION, GARLIC.

Gluten Free

60mg sodium per 1/4 tsp.

**Lemon Pepper PLEASONING®****Made With REAL Lemon Oil!**

The ultimate in the marriage of a high quality pepper and lemon oil. Use on steaks, fish, salads, roast beef, etc. The high pepper oil in this special grind of pepper combined with REAL lemon oil adds to your eating enjoyment.

Ingredients: PEPPER, LEMON OIL. Sodium-Free!

**Lena's Uff-Da PLEASONING®****Scandinavians say it's like Grandma's!**

Nutmeg makes the difference! Great Swedish meatball recipe on the label. Try it on beef, in casseroles or cream sauces. Grill some Uff-Da burgers tonight!

Ingredients: SALT, SPICES (including nutmeg), ONION, GARLIC, RICE CONCENTRATE.

160mg sodium per 1/4 tsp.

**Mini - Mini Salt ® PLEASONING®****An Amazing Salty Taste!**

Replace your salt shaker with Mini-Mini Salt. It contains a special blend of finely ground grains and fine natural salt. No Potassium! No bitter aftertaste!

Ingredients: GROUND GRAINS (corn or rice), SALT, NATURAL FLAVOR, RICE CONCENTRATE (for free flow). Gluten Free

100mg sodium per 1/4 tsp.

**MSG - Free PLEASONING®****For Those Sensitive To MSG**

Use like an all-purpose seasoning in place of salt and pepper. Put on hamburgers, fish, pork, chicken, beef, eggs, vegetables, salads, etc.

Ingredients: SALT, GROUND GRAINS (wheat, corn, rice or barley), ONION, GARLIC, SPICES, NATURAL FLAVOR, RICE CONCENTRATE (for free flow).

85mg sodium per 1/4 tsp.

**Onion Salt PLEASONING®****Just Onion and Salt!**

Two ingredients - no fillers! Has a great salty taste with hardly any sodium!

Ingredients: SALT, ONION.

130mg sodium per 1/4 tsp.

**Original PLEASONING®****Our "First" Seasoning Blend!**

A delicious, easy-to-use blend meant for the creative and hurried cook. Use in place of salt and pepper. Put it in your favorite recipes or sprinkle it on at the table.

Ingredients: SALT, SPICES, MSG, ONION, GARLIC. Gluten Free

220mg sodium per 1/4 tsp.

**Pepper Pepper PLEASONING®****Enjoy It's Exquisite Flavor!**

This pepper has a high oil of pepper content and an intriguing aroma from the larger grind of pepper corns... and it's sneezeless! Use it to season poultry, beef, pork, lamb, game, fish, casseroles, cottage cheese & more.

Ingredients: PEPPER

Sodium - Free!

**Pizza PLEASONING®****The Original Pizza Treat!**

Will add pizzazz to those frozen pizza's! Great on hamburgers and in casseroles. Special pizza sauce recipe is on the label.

Gluten Free

Ingredients: SALT, SUGAR, SPICES, MSG, GARLIC, NATURAL FLAVOR, RICE CONCENTRATE (for free flow).

180mg sodium per 1/4 tsp.

**Popcorn Salt PLEASONING®****Great Salty Taste!**

It has an amazing salty taste with no bitterness. May be used with low-soium butter. If used alone it sticks better to popcorn than other salts.

Ingredients: SALT, GROUND GRAINS (wheat, corn, rice or barley), NATURAL FLAVOR, RICE CONCENTRATE.

130mg sodium per 1/4 tsp.

**Pork PLEASONING®****The Secret of Many Restaurants!**

Once you try it & enjoy the unique flavor you won't want to be without it! Season your pork ribs, roasts, chops, ground pork, breakfast patties even chicken!

Ingredients: SALT, SPICES, GARLIC, MSG, RICE CONCENTRATE (for free flow).

Gluten Free

150mg sodium per 1/4 tsp.

**Salt Free Herbal PLEASONING®****No Salt, Sugar, Pepper OR MSG!**

Use in place of salt and pepper. A balanced blend of herbs and spices that compliments and brings out the rich flavors of food. No single ingredient overpowers the natural flavors of good food.

Ingredients: GROUND GRAINS (corn or rice), GARLIC, SPICES, NATURAL FLAVOR. Gluten Free

Sodium - Free!

**Seafood PLEASONING®****The Secret of Many Seafood Restaurants!**

For easy gourmet seafood. Gives your fish, seafood and even salads a great flavor. Use in place of salt and pepper at the table and in your recipes.

Ingredients: SALT, GROUND GRAINS (wheat, corn, rice, barley or sesame), SPICES, ONION, GARLIC, MSG, LEMON OIL, RICE CONCENTRATE (for free flow).

120mg sodium per 1/4 tsp.

**Steak 'n' Game PLEASONING®****Delicious Old World Blend.**

Use in place of salt and pepper on steaks, lamb, game, chicken, etc. Try it in your beef or venison jerky. Great in soups too! Add to olive oil for a great marinade.

Ingredients: SALT, SPICES, GROUND GRAINS (wheat, corn, rice or barley), GARLIC, ONION, MSG, LEMON OIL, NATURAL FLAVOR, RICE CONCENTRATE.

160mg sodium per 1/4 tsp.

**Sweet Chicken & Pork Rub****Enjoy our Sweet Rub!**

A rub that'll sweeten up any of your chicken or pork needs. Shake on, cook to temp and enjoy!

Ingredients: SALT, SPICES, GARLIC, HONEY, SUGAR,

RICE CONCENTRATE (for free flow).

Gluten Free

70mg sodium per 1/4 tsp.

**Taco PLEASONING®****Create Great Mexican Treats!**

Make great tacos using 4 teaspoons per pound of meat. Try it on your hamburgers for great taco burgers! Add it to cream cheese for a crowd pleasing

dip (recipe on label). Ingredients: SPICES, SALT, SUGAR, ONION, GROUND GRAINS (corn or rice), GARLIC, MSG, NATURAL FLAVOR,

RICE CONCENTRATE (for free flow).

Gluten Free

70mg sodium per 1/4 tsp.

**Tasty 2 PLEASONING®****Our Answer to Mrs. Dash!**

A delicious and easy to use seasoning blend that has a VERY LOW Sodium content and no MSG. Use as an all-purpose seasoning.

Ingredients: SALT, GROUND GRAINS (wheat, corn, rice or barley), ONION, GARLIC, SPICES, NATURAL FLAVOR, LEMON OIL, RICE CONCENTRATE (for free flow).

45mg sodium per 1/4 tsp.

**X-Treme Caution! PLEASONING®****Flavorfully Hot!**

It starts out with a great taste turning quickly into lots of heat. Great on salads, meats, chili, pizza, even Bloody Marys! Use your imagination.

Ingredients: SPICES,

Gluten Free

60mg sodium per 1/4 tsp.

**Pleasoning Gourmet Seasoning www.pleasoning.com 608-787-1030**

The ingredients on all Pleasoning labels are listed by weight, not by volume. Salt is usually listed first because it is heavier, not because there is more. Herbs and spices take up more space because they are light and fluffy.