



HOMEMADE BOUILLON POWDER

Dr. Cindy Tanzar
(Standard/Maintenance/Vegan)

A clean, flavorful seasoning to enhance soups, stews, sauces, vegetables, and grains—without salt, additives, or preservatives. Easy to make, store, and use anytime for a healthy flavor boost.

Makes 12 servings. No need to count as part of your meal plan, just enjoy 1-2 tablespoons.



INGREDIENTS:

- ½ cup nutritional yeast
- 1 tbsp garlic powder
- 2½ tbsp onion powder
- ½ tsp turmeric
- ½ tsp black pepper
- ½ tsp dried thyme
- ½ tsp dried oregano



INSTRUCTIONS:

1. Mix all ingredients in a small bowl or jar until well blended.
2. Store in an airtight container in a cool, dry place (up to 6 months).
3. Use 1 tbsp per 1 cup hot water for instant broth, or add directly to soups, sauces, casseroles, rice, or vegetables.

Tips:

- Add salt if desired.
- Customize with parsley, celery seed, or smoked paprika.
- Perfect for soups, stews, sauces, vegetables, and grains.