

**SALT FREE
SUGAR FREE
GLUTEN FREE**



**NO MSG
NO PRESERVATIVES
NO POTASSIUM CHLORIDE**

BENSON'S GOURMET SEASONINGS 1-800-325-5619 • FAX: 702-260-4717 • P.O. BOX 97877, LAS VEGAS, NV 89193-7877

Benson's Gourmet Seasonings are salt-free, sugar-free blends which contain no MSG, preservatives, chemicals of any kind, and no potassium chloride. We use premium gourmet ingredients without fillers, so you use less to achieve optimum flavor. The blends are **non-irradiated, and certified Kosher.**

Since 1989, our family-owned and operated business has taken great pride in the quality and taste of each blend. We started our business because Mom had three heart attacks, the first in 1958. She dearly loved salt, but she had to change her cooking style. There were no salt-free seasoning blends available then, but we learned how to get flavor in the food without using salt or high sodium products.

Many people today want, or need, to watch their sodium intake. The common response to food with no salt is... "The food tastes bland." We have eliminated this problem with our seasonings and recipes. We have also developed a unique all natural salt flavor (salt substitute). **Enjoy and use in Good Health!**

The Family Collection



#110 Supreme - The ultimate blend of Garlic & Herbs captures the aromatic flavor of garlic with a uniquely rich blend of 19 herbs and spices. Delicious with poultry, pork, lamb, vegetable and pasta dishes.

#106 Gusto - This **Pepper & Herb** blend glorifies the pungent flavor of black pepper merged with a variety of other peppers and just the right amount of herbs and spices. Enhances the flavor of steaks, roasts, poultry, pork, fish, protein burgers, even vegetables, or where ever you desire a peppery taste. Best when used to bake, broil or BBQ.

#112 Masterpiece - Simply sensational with a hint of the **Southwest** and loaded with flavor. Excellent with beef, lamb, or ground meats (beef, turkey, chicken), veggie burgers, bean dishes, soups and stews. Adapts well to many Mediterranean recipes.

#104 Zesty - Tangy Lemon & Herb Blend with a pure lemon taste, tempered with just the right amount of herbs to compliment your favorite fish or seafood dishes. Try in pasta salads, egg, rice and vegetable recipes. Makes an excellent lemon chicken.

#107 Calypso - Jamaican Hot & Spicy blend echoes the unique medium-hot, sweet, spicy flavor of the Caribbean. Enjoy with beef, pork, poultry, fish, seafood, vegetables, sauces and gravies.

#103 Table Tasty - Superb **salt-like flavor** is excellent sprinkled on any raw or cooked foods, where a salty flavor is desired. Use at the table instead of the salt shaker. Sprinkle on popcorn, boiled or baked potatoes, eggs, corn-on-the-cob, fresh tomatoes, salads, etc. A salt substitute with no bitter after-taste.

The Sportsmen's Collection

Benson's Gourmet is proud to introduce "The Sportsmen's Collection" In the early days of the country virtually all meat was game, hunted in the wild. We've become accustomed to range and farm-raised meats since then; but today game is making a comeback. Game meats are perfect for modern times because they're naturally healthful. Even though much of the venison, pheasant, rabbit and quail is actually farm-raised and not truly wild, the health benefits are still there. The main advantage of game is its low fat content. *Four ounces of roast venison has fewer than 4 grams of fat and about 180 calories, where as the same weight of roast beef has around 30 grams of fat and about 425 calories.* Farm-raised game is raised in a wholesome manner and void of steroids, hormones, and antibiotics. If you don't have a hunter in the family, farm-raised game is available through many natural food stores, better meat markets, and mail order.



#115 Ponderosa - This very aromatic blend will dramatically enhance your favorite recipe for big game - deer, elk, bear, moose, caribou, antelope, buffalo, wild boar, javelina, etc. A seasoning of exceptional flavor and aroma. Also, excellent with beef.

#116 Heritage - A savory blend of 17 herbs and spices. Heritage will richly enhance the flavor of your favorite game bird and water fowl recipes. Great with domestic turkey or chicken recipes, and makes excellent stuffings.

#117 Bravado - Cal-Tex-Mex - medium-hot, spicy chili seasoning is a robust blend of 18 herbs and spices for a delicious well-rounded chili taste. Use in your favorite venison, meat or vegetarian chili recipes. Like it hotter? Just add more Bravado.