



WATKINS

Since 1868



TRADE MARK

HOME BUSINESS
OPPORTUNITY

Flavor
every
MOMENT

Canada

Crafting Award-Winning Gourmet Flavors Since 1868.™

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Since 1868



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Crafting Award-Winning Gourmet Flavors Since 1868.™

Dear Friends,

Watkins founder J.R. Watkins started this great company 156 years ago in 1868. By finding salespeople committed to excellent customer service and combining that with an offering of the highest quality products, he grew Watkins into a household name with a sterling reputation. That same principle of top-notch personalized customer service along with a commitment to the highest quality product offering is going strong today. There will always be something special in having a real person listen to our preferences, share recipes, and provide us with usage tips. This ultimately gives us and our loved ones an all-around better and more fulfilling experience.

The person who gave you this catalog is a Watkins Independent Consultant who is helping to carry on the tradition J.R. Watkins started in 1868. If you are excited about Watkins high-quality products and rich history, ask your Consultant about joining her or his team. With a nominal membership fee, you too can get started and be part of their team.

We are proud to carry on J.R. Watkins' vision and continue to follow the guiding principles he outlined more than a century ago when he wrote "The Watkins Way." It's what makes The Watkins Company and our delicious products so special. Thank you for being a part of our rich 156-year-old tradition.

Yours truly,

Mark Jacobs, Chairman

The WATKINS WAY

Based on our Founders Principles established over 100 years ago and our goal to be America's most trusted natural products company.

The Highest Quality

We source only the best ingredients worldwide to meet our premium quality standards.

The Best Value

We offer exceptional value for a premium, quality product.

The Neatest Package

We strive to provide a package that is authentic, stylish and convenient for our customers.

The Best Delivery

We aim to exceed our customers' expectations.

The Squarest Terms

We promise to get it right or make it right.

The Fairest Treatment

We treat our customers, our employees and our partners with respect.

The Greatest Uniformity

We provide products that consistently meet our high standards.

The Strictest Integrity

We stick consistently with our values.

The First Ever Guarantee

We invented the money back guarantee in 1868.

All of the above Points of Superiority make up
THE WATKINS WAY,
and you will agree that it is a good way.

Our Commitment to Natural, Safe and Responsible products.

Watkins offers products that deliver a superior experience, using environmentally friendly and responsible ingredients and packaging.

Environmentally-responsible packaging.

We avoid excess packaging, and utilize recyclable, eco-friendly materials.

Look for the following seals on our products:



Vanillas



All Natural Original Gourmet Baking Vanilla® ©

Made with the finest pure vanilla extract and blended with only natural ingredients, our Baking Vanilla is the same double-strength formula you've trusted for years—extra rich flavor that won't bake out or freeze out and does not contain any artificial colors or flavors.

31008 (11 fl oz/325 mL) **Value Size**

30390 (2 fl oz/59 mL)

Clear Vanilla Imitation Extract ©

Our famous formula provides gourmet flavor without color. A baking staple ideal for any recipe that needs to be pure white like cakes, frostings, ice cream and more.

31007 (11 fl oz/325 mL) **Value Size**

30389 (2 fl oz/59 mL)

Pure Vanilla Extract ©

We source only the finest grade vanilla beans and age them to perfection following our time-honored process. Every bottle of pure vanilla is expertly crafted to award-winning standards.

01012 (11 fl oz/325 mL) **Value Size**

21200 (8 fl oz/236 mL)

21224 (4 fl oz/118 mL)

60387 (2 fl oz/59 mL)

60400 (1 fl oz/29 mL)



*Sourced from every corner of the world,
Watkins has been bringing the finest ingredients
to your kitchen for over 100 years.*

Our extracts are perfect for desserts, drinks and more!

Gourmet Extracts & Flavorings



Gourmet Extracts and Flavorings

Enjoy your favorite extracts in larger size offerings.

118 mL

21225 Pure Almond ☺

21224 Pure Vanilla ☺

236 mL

21200 Pure Vanilla ☺

325 mL

31008 All Natural Original Gourmet Baking Vanilla® ☺

01010 Butter ☺

31007 Clear Vanilla Imitation Extract ☺

21905 Coconut ☺

01015 Pure Almond ☺

01011 Pure Lemon ☺

01012 Pure Vanilla ☺

Pure Extracts, 59 mL ☺

Our pure extracts are free of artificial colors and flavors. For pure flavor, come to Watkins.

60391 Pure Almond

60430 Pure Anise

60368 Pure Cinnamon

60379 Pure Coffee

60395 Pure Lemon

60437 Pure Mint

60392 Pure Orange

60394 Pure Peppermint

60387 Pure Vanilla

Gourmet Extracts and Flavorings, 59 mL

These quality extracts and flavors are all backed by the same expertise that has made Watkins Vanilla the choice of generations.

30390 All Natural Original Gourmet Baking Vanilla® ☺

60431 Banana ☺

60432 Butter ☺

60445 Caramel ☺

60433 Cherry ☺

30389 Clear Vanilla Imitation Extract ☺

60435 Coconut ☺

60436 Maple ☺

60452 Pumpkin Spice ☺

60438 Raspberry ☺

60439 Root Beer ☺

60440 Rum ☺

60441 Strawberry ☺



*Watkins has an extract size
for your every need!*

Organic Extracts

Organic Extracts ©

Watkins is committed to bringing natural and superior flavor to market with our Organic Extract Line.

59 mL

30204 Organic Original Gourmet Baking Vanilla®
30203 Organic Pure Almond
30202 Organic Pure Lemon
30205 Organic Pure Orange
30206 Organic Pure Peppermint
30200 Organic Pure Vanilla
30388 Organic Pure Vanilla Alcohol Free

236 mL

31220 Organic Pure Vanilla

Organic Pure Vanilla Bean Paste with Seeds, 56 g ©

Our Organic Pure Vanilla Bean Paste delivers the same rich, classic flavor as Pure Vanilla Extract in a convenient paste formula. Replace 1 tsp/5 mL of paste for 1 tsp/5 mL traditional extracts or 1 tbsp/15 mL for one vanilla bean.

30398 Organic Pure Vanilla Bean Paste

Watkins Piña Colada Smoothie

1 cup/250 mL nonfat plain Greek yogurt
1/2 to 1 cup/125-250 mL frozen pineapple
1/2 to 1 cup/125-250 mL frozen mangoes
1/2 cup/125 mL "lite" coconut milk
1/2 tsp/2.5 mL **Watkins Coconut Extract**
1/2 tsp/2.5 mL **Watkins All Natural Original Gourmet Baking Vanilla®**

Unsweetened coconut flakes, for garnish

Combine yogurt, pineapple, mangoes, coconut milk and extracts in blender. Puree until smooth. Garnish with coconut flakes if desired. Makes approximately 2-3 servings.



Dye-Free Decorating



Decorating Sprinkles®

Watkins decorating sprinkles are free from artificial dyes and the vibrant without using FD&C colors, making them the perfect partner for our Natural Food Coloring.

31701 Chocolate (3.5 oz/100 g)

31700 Rainbow (3.4 oz/98 g)

31708 Rainbow, Nonpareils (4.2 oz/120 g)



Natural Food Coloring

Our colors are easy-to-use liquids naturally free from artificial FD&C colors. Simply add drops of color to brighten-up frostings, cakes, and more. Gluten Free.

30350 Assorted: Red, Yellow, Green, Blue
(4-8.9 mL Bottles)



Nordic Ware Cookware



Nordic Ware Cookware

Like Watkins, Nordic Ware is a long-standing, family-owned Minnesota brand with great heritage. Trusted among baking and cooking enthusiasts, Nordic Ware will be part of your family's meals and celebrations for years to come.

Baking Pans

09808 Bundt Pan
09804 Cookie Sheet, Large
09805 Muffin Pan

Kitchen Tools

09800 Cake/Pie Server
09802 Cookie Scoop, Large
09807 Measuring Spoon Set
09806 Spatula Set, Large 2-piece
09801 Spatula Set, Small 2-piece
09803 Whisk, Large



Watkins Rainbow Sprinkles White Chocolate Popcorn

Enjoy this colorful, homemade easy-to-make treat!

2 tbsp/30 mL oil of your choice (we recommend coconut oil)
1/2 cup/250 mL popcorn kernels, un-popped
10 oz/285 g white chocolate melting wafers
1/3 cup/80 mL **Watkins Rainbow Sprinkles**
Natural dyed candy, optional

In a large pan with a lid, set heat to medium and add oil. Toss in the popcorn. Stir occasionally. When the first few kernels pop, place the lid on pan. Swirl contents in the pan occasionally until all the kernels have stopped popping. Spread popped popcorn out on cookie sheet. Melt white chocolate wafers in microwave, stirring every 20 seconds until melted smooth. Drizzle over popped popcorn. Stir until popcorn is evenly coated. Toss in sprinkles and candies (if desired) while the melted chocolate is still wet. Set aside to cool and dry for at least 10 minutes.



Black Pepper Tins



Watkins Whole Roasted Cauliflower

This dish can be a simple, flavorful side or main course!

- 1 head cauliflower
- 1 1/2 cups/375 mL sour cream or plain Greek yogurt
- 1 tsp/5 mL **Watkins Black Pepper**
(Pure Ground or Organic)
- 1 tbsp/15 mL **Watkins Organic Curry Powder** or
Watkins Organic Harissa Seasoning
- 1 tbsp/15 mL **Watkins Organic Garlic Powder**
- 1 tbsp/15 mL **Watkins Organic Chili Powder**
- 2 tsp/10 mL **Watkins Fine Himalayan Pink Sea Salt**
- Juice of 1 lemon

Preheat oven to 400°F/200°C. Cover a cast iron pan or baking pan with parchment paper and set aside. Cut off the woody stem and green leaves from base of cauliflower. In a medium bowl, combine sour cream/ yogurt with the Watkins spices and lemon juice. Place cauliflower on the prepared pan. Pour the spice mixture on top of the cauliflower head. Spread the mixture evenly across the entire cauliflower with a spatula. Roast uncovered until the surface is dry and lightly browned, 30 to 40 minutes.

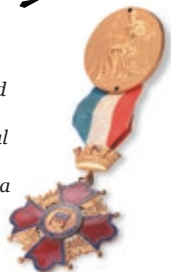


Pure Ground Black Pepper®

We select only the finest sources of premium-grade, top-quality peppercorns with high essential oil content. Experience the Gold Medal-winning taste of the most flavorful pepper on the market.

- 60396 (2 oz/56 g)
- 00581 (4 oz/113 g)
- 01140 (6 oz/170 g)
- 01141 (12 oz/340 g)

In 1928, Watkins was awarded the Gold Medal-Grand Prize at the 1928 Paris International Exposition for outstanding Vanilla Extract, Pepper and Cinnamon.



Cinnamon Tin

Watkins Spiced Banana Bread

Packed with delicious Watkins flavor.
Give your spice rack a workout!

- 1/3 cup/80 mL vegetable shortening
- 1/2 cup/125 mL sugar
- 2 eggs
- 2 tsp/10 mL **Watkins All Natural Original Gourmet Baking Vanilla**®
- 1 cup/250 mL mashed ripe banana
- 1-3/4 cups/440 mL all purpose flour
- 1 tsp/5 mL baking powder
- 1/2 tsp/2.5 mL baking soda
- 1-1/2 tsp/7.5 mL **Watkins Pure Ground Cinnamon**
- 1/4 tsp/1.2 mL **Watkins Organic Ground Nutmeg**
- 1/4 tsp/1.2 mL **Watkins Organic Ground Ginger**
- 1/2 tsp/2.5 mL **Watkins Fine Himalayan Pink Salt**
- 1/2 cup/125 mL chopped walnuts, optional
- 1 ripe banana, peeled and cut in half, optional

Preheat oven to 350°F/180°C.

Grease a 9×5-inch/23×12-cm loaf pan; set aside.

In a large bowl, cream together the shortening and sugar until light and fluffy. Mix in the eggs, vanilla, and mashed ripe banana until well combined. In a second large bowl, combine flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt.

Slowly stir the flour mixture into the wet banana mixture.

Do not over stir batter. Fold in nuts, if desired. Pour batter into prepared loaf pan. Place a halved ripe banana on top. Bake at 350°F/180°C for 45 to 50 minutes or until baked completely through. Cool in pan on rack 5 minutes.

Turn out of pan and cool completely on rack. To store, wrap tightly and refrigerate. Makes 1 loaf, 12 servings.



Pure Ground Cinnamon ®

Our award-winning Watkins cinnamon is made of premium cassia cinnamon with high essential oils.

01115 (6 oz/170 g)

*A pinch, a dash,
or a sprinkle?
Whatever the measure,
you can never
go wrong with
Watkins Cinnamon!*



1868 Organic Grilling



1868 Organic Grilling Seasonings

Our 1868 Organic Grilling Seasonings bring out the best in whatever you are grilling.

- 31674 Buttery Herb ⓈD (3.3 oz/93 g)
- 31656 Chicken Ⓢ (3.2 oz/90 g)
- 31672 Chili Lime Ⓢ (3.7 oz/105 g)
- 31658 Garlic & Herb Ⓢ (2.9 oz/83 g)
- 31657 Hamburger Ⓢ (3.6 oz/104 g)
- 31673 Spiced Maple Ⓢ (4.2 oz/120 g)
- 31655 Steak Ⓢ (3.5 oz/100 g)

Salt-Free Offerings

- 31679 Salt-Free Chicken Ⓢ (2.6 oz/76 g)
- 31686 Salt-Free Garlic & Herb Ⓢ (2.3 oz/67 g)
- 31687 Salt-Free Steak Ⓢ (2.6 oz/75 g)

Watkins Barbecued Ribs

The perfect way to add the bold flavors of Watkins and the Minnesota Northwoods to your grill.

Ribs:

- 2 racks (6 1/2 lbs/2.95 kg) pork spareribs, cut into 2-rib portions
- 1/2 cup/125 mL apple cider vinegar
- 5 tbsp/75 mL **Watkins 1868 Organic Grilling Smoked Maple Rub**
- 2 tsp/10 mL **Watkins Black Pepper (Pure Ground or Organic)**
- 1 tsp/5 mL **Watkins Fine Himalayan Pink Salt**
- Water

Sauce:

- 2/3 cup/160 mL barbecue sauce
- 2 tsp/10 mL **Watkins Vanilla (All Natural Original Gourmet Baking® or Organic)**
- 1/4 tsp/1.25 mL **Watkins Cinnamon (Pure Ground or Organic)**
- 1/4 tsp/1.25 mL **Watkins Organic Ground Ginger**

Place spareribs into a large kettle or Dutch oven. Coat spareribs with Watkins rub, pepper and salt. Pour in vinegar and add enough water to just barely cover the ribs. Bring to a boil; reduce heat and simmer covered for 1 ½ hours, drain. (Can be made ahead to this point.) Cool; cover and refrigerate until 1 hour before grilling. Preheat grill to 300°F/150°C. Combine sauce ingredients in a bowl. Grill ribs for 10 minutes, turning once. Baste with sauce, grill for 5 minutes. Turn and baste again with sauce; grill 5 minutes more. Serve with remaining sauce. Makes 8 servings.



1868 Organic Grilling



Watkins Foil Packet Dinner

Need an easy-but-delicious idea for your grill? A foil packet dinner is the perfect solution for your next tailgate party, backyard BBQ or camping meal!

Layer some cooked brown rice, rinsed black beans, freshly sliced red bell peppers and onions, and a few raw shrimp onto a sheet of tin foil.

*Drizzle a little olive oil on and squeeze a few wedges of lemon on top, then sprinkle with **Watkins 1868 Organic Grilling Buttery Herb Seasoning**.*

Fold the edges of the tin foil together and roll tightly to seal the packet. Grill for 15-20 minutes at high heat. Carefully open the foil packet and eat right out of the foil! Enjoy!



1868 Organic Grilling Rubs®

Our 1868 Organic Grilling Rubs bring sweet, smoked and savory flavors together to flavor poultry, beef, pork and more.

31678 Mesquite (3.4 oz/98 g)

31659 Smoked Maple (3.8 oz/108 g)

31660 Sweet & Savory (3.6 oz/104 g)

1868 Organic Grilling Marinades®

These blends lend a Northwoods layer of flavor to your favorite seafoods, meats and vegetables.

Purchase in quantity of 12 each, same flavor, to receive display box (not shown).

30721 Chili Lime (1.06 oz/30 g)

30727 Garlic & Herb (1.25 oz/35 g)

30720 Spiced Maple (1.25 oz/35 g)

Organic Spices



Organic Spices ®

From our 1928 Gold Medal-winning performance at the International Exposition in Paris through today, The Watkins Co. brings you the very best spices from around the world.

31675 Allspice (ground) (2.5 oz/71 g)
 31619 Basil Leaves (0.71 oz/20 g)
 31601 Bay Leaves (0.17 oz/4.9 g)
 31602 Black Pepper (ground) (2.8 oz/80 g)
 31639 Black Peppercorns (whole) (2.6 oz/75 g)
 31620 Cayenne Pepper (2.4 oz/68 g)
 31603 Chili Powder (2.9 oz/85 g)
 31653 Chives (0.2 oz/5 g)
 31604 Cilantro Leaves (0.63 oz/18 g)
 31605 Cinnamon (ground) (2.5 oz/71 g)
 31621 Cinnamon Sticks (1.2/34 g)
 31606 Cloves (ground) (2.4 oz/69 g)
 31643 Cloves (whole) (1.5 oz/42 g)
 31662 Coriander (ground) (2.0 oz/57 g)
 31663 Cream of Tartar (4.4 oz/125 g) *
 31607 Cumin (ground) (2.8 oz/82 g)
 31622 Curry Powder (2.6 oz/74 g)
 31623 Dill Weed (0.78 oz/22 g)
 31676 Fennel Seeds (1.8 oz/53 g)

31670 Garlic (minced) (3.3 oz/95 g)
 31608 Garlic Powder (3.1 oz/90 g)
 31624 Garlic Salt (4.9 oz/141 g)
 31625 Ginger (ground) (2.0 oz/58 g)
 31630 Himalayan Pink Salt (fine) (5.7 oz/163 g)*
 31609 Nutmeg (ground) (2.8 oz/82 g)
 31671 Onion (minced) (2.2 oz/63 g)
 31610 Onion Powder (2.8 oz/82 g)
 31611 Oregano Leaves (0.67 oz/19 g)
 31612 Paprika (2.9 oz/85 g)
 31637 Paprika (smoked) (2.4 oz/68 g)
 31613 Parsley Flakes (0.59 oz/17 g)
 31614 Red Pepper (crushed) (1.6 oz/48 g)
 31635 Rosemary (1.4 oz/42 g)
 31627 Sage (rubbed) (0.70 oz/20 g)
 31628 Sesame Seeds (2.8 oz/80 g)
 31615 Thyme Leaves (1.09 oz/31 g)
 31629 Turmeric (ground) (2.4 oz/70 g)

* Organic Claim not applicable



Organic Seasoning Blends

Watkins Picnic Potato Salad

Every delicious potato salad starts with a good seasoning. Try our fan-favorite Watkins Potato Salad Seasoning and experience the flavor firsthand!

3-4 cups/750-1,000 mL sliced, diced,
or cubed potatoes
2 hard cooked eggs, peeled and diced
1/2 cup/125 mL celery, diced
1/2 cup/125 mL mayonnaise
1/2 cup/125 mL sour cream
2 tbsp/30 mL prepared yellow mustard
2 tbsp/30 mL white vinegar
2 1/2 tbsp/37.5 mL **Watkins Organic Potato
Salad Seasoning**

In a large pot, boil enough water to cover potatoes. Add a pinch of salt for taste. Add cut potatoes to boiling water, cover and let cook for 8-15 minutes until just tender. Drain potatoes, let cool slightly.

In a large mixing bowl, combine mayonnaise, sour cream, mustard, white vinegar and Watkins Potato Salad Seasoning. Stir in potatoes, celery and hard boiled eggs to mixture. Serve warm or cold, on a crisp lettuce leaf or as part of your picnic buffet.

Yields: 5-6 cups/1 1/4 - 1 1/2 liters of salad

Organic Seasoning Blends®

Handcrafted to deliver all the superior flavor you expect, our Watkins Organic Blends enhance any dish you create.

31644 Adobo Seasoning (4.1 oz/116 g)
31633 All Purpose Seasoning Salt-Free (2.7 oz/78 g)
31651 Cajun Seasoning (2.3 oz/65 g)
31646 Chai Powder (4.0 oz/113 g)
31636 Everything Bagel Sesame Seasoning Blend (3.0 oz/85 g)
31648 Garam Masala Blend (2.6 oz/75 g)
31661 Garlic Herb Seasoning (2.9 oz/83 g)
31645 Harissa Seasoning (2.5 oz/70 g)
31667 Herbes de Provence (0.74 oz/21 g)
31641 IPA Seasoning (3.6 oz/102 g)
31634 Italian Seasoning (1.1 oz/30 g)
31616 Lemon Pepper Blend (3.6 oz/104 g)
31649 Potato Salad Seasoning (4.1 oz/116 g)
31677 Pumpkin Pie Spice (2.6 oz/74 g)
31618 Seafood & Poultry Seasoning (3.3 oz/94 g)
31631 Seasonings with Salt (4.2 oz/120 g)
31617 Steak Seasoning (3.3 oz/94 g)
31647 Vanilla Powder (3.4 oz/96 g)
31669 Za'atar Seasoning (2.6 oz/73 g)



Organic Grinders

Rotating Metal Spice Rack

Complement any kitchen with this wire rack custom-made to perfectly hold 16 Organic Spice Bottles or Grinders. Spices sold separately. 16608 (Spices not Included)

Eco-Friendly Reusable Bag

Never use harmful plastic bags again! Instead, opt for this eco-friendly bag. It's perfect for the grocery store, a trip to the mall, a stop at the gym or even as an overnight bag. 09702 (Holds up to 20 lbs/9 kgs)



Organic Grinders®

Our adjustable grinder is pretty enough to sit tableside and lets you tailor the coarseness to your taste, ensuring you enjoy the richest of Watkins Organic seasonings with every turn.

31681 Black Peppercorn (2.6 oz/75 g)

31685 Garlic Peppercorn (2.7 oz/79 g)

31684 Garlic Salt (4.3 oz/123 g)

31683 Mediterranean Sea Salt (5.3 oz/150 g)*

* Organic Claim not applicable



Family Size



Large Family Size Soup and Gravy Bases

Whip up delicious stocks, gravies and sauces with ease. Wholesome ingredients provide homemade flavor without the expense of canned soups and saltiness of bouillon cubes.

31864 Beef (19.0 oz/540 g)

31865 Chicken (19.0 oz/540 g)

Organic Family Size Spices

Your favorites in a larger size!

Organic Spices

31508 Garlic Powder @ (9.1 oz/260 g)

31524 Garlic Salt @ (11.6 oz/330 g)

31510 Onion Powder @ (8.3 oz/235 g)

Organic Gourmet Seasoning Mix

31573 Taco @ (7.7 oz/220 g)



*We're helping cooks
and bakers of all ages to truly
Flavor Every Moment
with Watkins!*



Organic Popcorn Seasonings



Organic Popcorn Seasonings ©D

Classic and savory flavors blend perfectly to bring a new layer of taste to a favorite snack!

31665 Butter/Salt (5.3 oz/150 g)

31666 Ranch (3.6 oz/102 g)

31664 White Cheddar (3.3 oz/93 g)

Butter/Salt - Adds the taste of rich and creamy butter with a pinch of salt to your favorite popcorn. Use on veggies, potatoes, cornbread muffins and steak.

Ranch - Adds the taste of creamy buttermilk blended with a mix of flavorful herbs and spices to your popcorn. Use on french fries, baked potatoes, pasta and chicken.

White Cheddar - Adds mild, creamy, and smooth cheddar cheese goodness to your popcorn bowl. Use on veggies, pasta, baked pretzels/breadsticks and homemade snack mix.



Prepare popcorn according to package instructions (stovetop, microwave or air-popped).

For best results (to help the seasoning stick), spray popcorn with **Watkins Organic Canola Oil Non Stick Cooking Spray** or toss popcorn with a small amount of cooking oil. Season popcorn with your choice of **Watkins Organic Popcorn Seasoning**, toss to coat evenly and serve.



Organic Canola Oil Non Stick Cooking Spray ©

Our Organic Canola Oil is formulated to be versatile and complement your cooking.

31041 (5 fl oz/150 mL)



NON-AEROSOL
PROPELLANT FREE



Organic Family Favorites

*Elevate the flavor
of your favorite meat, vegetable,
grain or plant-based protein!*

Watkins Beef Stew

Healthy, hearty and easy to make with the help of a slow cooker and Watkins!

- 1 package **Watkins Organic Beef Stew Gourmet Seasoning Mix**
- 2 lbs/900 g beef stew meat
(cut into 1-inch/2.5-cm cubes)
- 1 1/3 cups/330 mL water
- 5 cups/750 g fresh vegetables (cut up carrots, onions, potatoes and celery)

*Place vegetables and beef in slow cooker.
Stir seasoning mix and water together and pour over
beef and vegetables. Toss to coat well and cover.
Cook 8 hours on low or 4 hours on high. Stir once
cooking is complete. Makes 8 servings.*

*For a half-recipe: Use 2 tbsp/30 mL of seasoning mix
and half of all other ingredients.*

Organic Family Favorites Gourmet Seasoning Mixes

With Watkins Family Favorites Seasoning Mixes, you get a perfectly seasoned entree each time. These seasoning packets have all the spices, herbs and flavoring ingredients included. No chopping, dicing, or mincing required!

Purchase in quantity of 12 each, same flavor, to receive display box (not shown).

30724 Beef Stew (1.5 oz/42 g)

30726 Meatloaf ® (1.5 oz/42 g)

30725 Pot Roast (1.3 oz/36 g)



Organic Seasoning Mixes



Organic Gourmet Seasoning Mixes

Gourmet meals are made simple with Watkins Organic Seasoning Mix pouches. These convenient no-measure, one-time use pouches ensure you have the perfect recipe every time.

Purchase in quantity of 12 each, same flavor, (Country Gravy in quantity of 6 each) to receive display box for convenient organization (not shown).

30714 Brown Gravy (0.85 oz/24 g)

30692 Chili Seasoning © (1.25 oz/35 g)

30722 Chili Seasoning, Mild ©

(1.25 oz/35 g) - **Limited Quantities**

30712 Country Gravy © (2.82 oz/80 g)

30695 Fajita Seasoning © (1.02 oz/29 g)

30690 Taco Seasoning © (1.0 oz/28 g)

30717 Taco Seasoning, Reduced Sodium ©

(1.0 oz/28 g) - **Limited Quantities**

Watkins Cowboy Caviar

Wrangle up some spice for your Taco Tuesdays! A colorful, flavorful dip that will quickly become the whole family's favorite!

Dip

3 Roma tomatoes, seeds removed and diced

1/3 cup/80 mL cup onion, diced

1 15 oz/425 g can black beans, rinsed and drained

1 15 oz/425 g can black eyed peas or pinto beans, rinsed and drained

1 1/2 cups/375 mL frozen sweet corn, thawed

1 medium bell pepper, diced

1 small can green chiles

Optional:

For more spice:

1 jalapeno pepper, seeds removed and diced

For cilantro lovers:

1/3 cup/80 mL cilantro, finely chopped

For avocado lovers: 1 ripe avocado, diced

Dressing

1/3 cup/80 mL olive oil

2 tbsp/30 mL lime juice, fresh preferred

2 tbsp/30 mL white wine vinegar

1 pouch **Watkins Organic Taco Seasoning Mix**

In a medium bowl, combine the dip ingredients.

In a separate small bowl, whisk together the dressing ingredients until combined. Pour the dressing over the dip ingredients and stir until combined.

Cover and refrigerate until ready to serve.

Serve with tortilla chips.



Organic Seasoning Mixes



*Think outside the pouch
with these recipes!*

Watkins Macaroni & Cheese

We took a classic—and made it delicious and easy with Watkins...the perfect combo!

1 lb/454 g elbow macaroni noodles
2 cups/500 mL milk
1 cup/250 mL water
1 packet **Watkins Organic Country Gravy Mix**
12 oz/340 g sharp cheddar cheese, freshly grated
Additional cheese for topping, optional

Preheat oven to 400°F/200°C. Prepare macaroni to just barely al-dente (check macaroni about 1 minute before package-recommended cook time), do not overcook. Rinse to cool and reserve.

Whisk water, milk and gravy mix over medium heat in a large saucepan until the mixture simmers and begins to thicken. Reduce heat to low, stir frequently and cook about 1 minute (until thickened and smooth). Add grated cheddar over low heat and whisk until smooth/melted (about 1-2 minutes). Remove from heat, add reserved macaroni to sauce mix.

Transfer to a casserole dish and top with extra cheese. Bake 15-20 minutes or until cheese starts to brown. Let rest 5-10 minutes before serving. Makes approximately 6-8 servings.

Watkins Seasoned Pickles

We put our Watkins spin on the Taco Pickles Tik Tok trend and the verdict is delicious!

1 24 fl oz/710 mL jar of your favorite pickles
(we like the refrigerator varieties)
1 package **Watkins Organic Taco Seasoning Mix**

Remove lid from jar and add the entire pouch of taco seasoning. Close lid tightly. Carefully shake and roll the pickle jar until the seasoning blends with the pickle juice. Place the jar in the refrigerator for at least 24 hours...shaking the jar occasionally to mix up the spices. Open the jar and enjoy!

*Try this—Use other Watkins Organic Seasonings. We tried **Watkins 1868 Organic Steak Seasoning** and **Watkins Organic Everything Bagel Sesame Seasoning Blend**. Just substitute 2-1/2 tbsp/37.5 mL of your favorite Watkins Organic Seasoning.*



Remedies by J.R. Watkins



White Cream Liniment

This creamy lotion uses evergreen-based counterirritants to provide temporary relief from arthritic pain and muscle soreness caused by exertion. 32316 (325 mL)

Menthol Camphor Room Spray Relief Mist

Diffuse a penetrating blend of eucalyptus, menthol, camphor and thymol into the air, and let the vapors help you breathe—especially during cold season. Each bottle contains over 600 sprays. 32340 (118 mL)

Medicated Ointment

This cooling product helps relieve the congested feeling of a chest cold and suppresses the accompanying cough. The rub also provides temporary relief of arthritic and rheumatic pain, backache, sprains, strains, lumbago, and bruises. 36614 (117 g)



Great Outdoors™ by J.R. Watkins



Great Outdoors™ Insect Repellents

These repellents protect outdoor-loving customers from insects and their painful bites. They provide a long-lasting defense against mosquitoes, ticks, blackflies and other pests, so you and your family can enjoy the Great Outdoors!

Maximum Defense

High-levels of the active ingredient, DEET, provide long-lasting protection from a wide range of pesky insects. Up to 6 hours of protection. For adults and children over the age of 12.

30% DEET Lotion

The non-greasy, skin-friendly lotion with a mild scent provides maximum protection.

450009 (80 mL)

450006 (240 mL)

25% DEET Aerosol Spray

Long-lasting protection in a convenient aerosol spray.

450003 (175 g)

30% DEET Pump Spray

Maximum protection in an easy-to-use, no-mess pump spray.

450004 (150 mL)



Great Outdoors™ by J.R. Watkins



Family Defense

Keep your whole family bug-free! Formulated to provide protection for shorter amounts of time outdoors. Choose the kid-safe formula that's right for your family as you enjoy the Great Outdoors!

7.5% DEET Pump Spray
450002 (200 mL) - *Limited Quantities*

20% Icaridin Pump Spray
The active ingredient, Icaridin, offers an alternative to DEET along with longer-lasting 12 hour protection from mosquitoes and ticks. The no-mess pump spray formula is safe for children over 6 months old.
450013 (100 mL)
450014 (200 mL) - *Limited Quantities*





Consider Starting Your Own Watkins Home Business

"I love this business! Using the wonderful Watkins products in our own home and sharing the Watkins Home Business opportunity with others is so rewarding. I have the freedom to work when I choose and from where I choose, which is at home! It is very rewarding assisting others in joining and growing their own Watkins businesses and watching them succeed. All this along with the great income potential make Watkins an opportunity second to none."

- Anne Thomas,
Independent Watkins Executive

"We live on a farm 90 miles from the closest town with a population of only 4000. Back when interest rates hit 18% and corn and beef prices hit rock bottom, I visited all the neighboring towns and helped many people start their own home-based Watkins businesses. The income from expanding our team helped save the farm. We enjoy everything Watkins has to offer—fantastic products, great training and lifelong friendships throughout the United States and Canada."

- Laurine & Ken Huston,
Independent Watkins Executives

"Watkins allowed me to escape the stressful world of my government job and become self-employed with the flexibility of working from home. By sharing the business opportunity with my party plan hosts, I quickly built a substantial business income that enabled me to buy my own home. As a single mother of two I would not have been able to accomplish this with my previous job. Being able to offer the freedom of self-employment to others is the most rewarding part of my Watkins business."

- Bonnie Campbell,
Independent Watkins Executive



Yes, You Can Earn Income as a Watkins Consultant

At long last, here's something you can do from home in as little as a few hours a week that is respected, sensible, risk-free, and yes... Fun! You will feel good about it since you'll be helping other people enjoy happier, healthier, more wholesome lives while also helping yourself. Earn income while laughing with old friends, making new friends, and having a ball. Get support and encouragement from successful people who build you up. Do as much or as little as you want at any point. It's the "perfect fit" that just "feels right" to so many people.

Ask the Consultant who gave you this catalog for more info. Learn how easy it is for you to get started!

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