

RUBS

Eating well, cooking and enjoying food means MORE flavor! Here are a couple ideas for rubs. Make your own creation and see how it tastes.

Zippy Dry Rub

Prep Time	Cook Time	Yield
5 Minutes		
Amount	Ingredient	
1	Tbsp	Salt
1	Tsp	Mustard Seed
1	Tsp	Chili Powder
1	Tsp	Paprika
1	Tsp	Pepper
1/2	Tsp	Ground Cumin
1/2	Tsp	Dried Coriander
1/4	Tsp	Garlic Powder

Savory Steak Rub

Prep Time	Cook Time	Yield	
5 Minutes			
Amount	Ingredient		
1	Tbsp	Dried Majoram	
1	Tbsp	Basil	
2	Tsp	Dried Thyme	
2	Tsp	Rosemary	Crushed
3/4	Tsp	Dried Oregano	

Instructions

1. Make and use.
2. Left over rub store in a cool dry place in an air tight container.