

Seasoned Rub

Ingredients

4 Tbsp white sugar

1 Tbsp paprika

2 Tbsp mustard powder

½ tsp fresh ground pepper

Pinch of dried oregano

Pinch of dried thyme

Directions

Combine ingredients. Coat meat with mixture and cook as desired.

Notes

This recipe contains sugar that helps the rub cling to the meat and provides a nice caramelized flavor. To avoid burning, this rub is best applied to meat cuts that cook quickly, like boneless chicken or fish. Although it's called a rub, gently pat the blend into the meat. Too much effort will tear the meat surface. Enjoy and experiment with your own favorite spices and herbs.

Yield:

Calories 30, Fat 0 g, Cholesterol 0 mg, Sodium 0 mg.

HeartNotes Newsletter

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