



7 EASY DRY RUB RECIPES

Meat or Veggies

Sweet
Peas ^{AND}
SAFFRON 

INSTRUCTIONS

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1. Stir together all ingredients
2. Each spice blend makes approximately between 1/3-2/3 cup.
3. Use aggressively: 1 tablespoon per 7 oz chicken breast, 0.5 tablespoon per 4 oz salmon fillet, and roughly 2 tablespoons per lb of vegetables.

STORE:

Store in an airtight container for up to a year.

Recipes

Mexican (Fajita) Spice Blend

Ingredients

2 tablespoons sugar
1.5 teaspoons salt
2 tablespoons chili powder
3 teaspoons cumin
3 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1/4-1/2 teaspoon cayenne (optional; 1/4 teaspoon for a mild spice)

Brown Sugar Chili Spice Blend

Ingredients

3 tablespoons packed brown sugar
1.5 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon black pepper
1 teaspoon salt

Indian Curry Spice Blend

Ingredients

2 tablespoon cumin
2 tablespoon curry powder
1 tablespoon garam masala
1 tablespoon ground coriander
1 teaspoon salt

Greek Spice Blend

Ingredients

4 teaspoons onion powder
4 teaspoons garlic powder
2 tablespoons oregano
4 teaspoons basil
2 teaspoons dill
1 teaspoon salt
2 teaspoons pepper

Jamaican Spice Blend

Ingredients

1 tablespoon dried thyme leaves
1 tablespoon ground allspice
2 tablespoon brown sugar
1 teaspoon salt
1 teaspoon pepper
1 tablespoon garlic powder
1 teaspoon cinnamon
1/8 teaspoon cayenne (for mild spice) or
1/4 teaspoon (for spice-ay!)

Moroccan Spice Blend

Ingredients

4 teaspoons paprika
4 teaspoons cumin
2 teaspoons cinnamon
1 teaspoon ginger
1 teaspoon salt
2 teaspoons pepper
2 tablespoons brown sugar
1 teaspoon cloves
1/4-1/2 teaspoon cayenne

Lemon Herb Spice Blend

Ingredients

2 tablespoons lemon pepper
1/2 teaspoon salt
2 teaspoons basil
2 teaspoons oregano
1 teaspoon thyme leaves