7 EASY DRY RUB RECIPES
Meat or Veggies

Sweet Peas and Saffron
INSTRUCTIONS

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.

Mexican (Fajita) Spice Blend
Ingredients
2 tablespoons sugar
1½ teaspoons salt
2 tablespoons chili powder
3 teaspoons cumin
3 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1¼-1½ 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 tablespoons cumin
2 tablespoons 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 tablespoons 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
1½-1½ teaspoon cayenne

Lemon Herb Spice Blend
Ingredients
2 tablespoons lemon pepper
½ teaspoon salt
2 teaspoons basil
2 teaspoons oregano
1 teaspoon thyme leaves

Recipes