

Meat Rub

Makes 5 tsp.

Use this rub to make Chicken Sausage Gumbo. You only need a teaspoon for that recipe so plan to share some of this or store it. Before you make it, ask around to see if someone else has already done so and then ask for a couple of teaspoons of it. The recipe on the Food Network website is for 2 cups.



Ingredients:

- 1 tsp. paprika
- 1/2 tsp. cayenne
- 3/4 tsp. freshly ground pepper
- 3/4 tsp. garlic powder
- 1/2 tsp. onion powder
- 3/4 tsp. salt
- 1/3 tsp. dried oregano
- 1/3 tsp. dried thyme

Equipment:

- Bowl and whisk
- Storage container

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<input checked="" type="checkbox"/>	Directions	Time (min)
	Combine all the ingredients with a whisk	5
	Transfer to a storage container with a tight lid	1
	Total	6