

# Sobeys Dietitians

## Meat Rubs

Place all ingredients in an airtight container and store for up to one year. Use as much or as little seasoning as you desire on the meat of your choice.

### Savory Chicken Rub

2 tbsp	30 ml	Rosemary, dried
2 tbsp	30 ml	Thyme, dried
1 tbsp	15 ml	Tarragon, dried
1 tbsp	15 ml	Pepper

### Cajun Rib Rub

2 tbsp	30 ml	Paprika
1 tbsp	15 ml	Pepper
1 tbsp	15 ml	Cumin, ground
1 tbsp	15 ml	Brown sugar
2 tsp	10 ml	Coriander, ground
1 tsp	5 ml	Thyme, dried
1 tsp	5 ml	Cayenne pepper
½ tsp	2 ml	Garlic powder
½ tsp	2 ml	Allspice, ground

### All-Around Seasoning Rub

1 tbsp	15 ml	Basil, dried
1 tbsp	15 ml	Thyme, dried
1 tbsp	15 ml	Coriander, ground
2 tsp	10 ml	Onion powder
2 tsp	10 ml	Parsley, dried
2 tsp	10 ml	Cumin
1 tsp	5 ml	Garlic powder
1 tsp	5 ml	Mustard powder
1 tsp	5 ml	Cayenne pepper
1 tsp	5 ml	Paprika

**Tip:** Store in a small mason jar and seal with a ribbon for a festive food gift.

**Source:** Sobeys Dietitians