

RECIPE CARD

DATE: _____

MEAL PERIOD: _____

RECIPE NAME: Spice Rub

YIELD:		PORTION SIZE:	
COOKING METHOD:		TEMPERATURE:	

INGREDIENTS	AMOUNT	M	METHOD
Lawry's seasoning	2	cups	
Cumin	1	Tbsp	
Oregano	1	Tbsp	
Paprika	2	cups	
Brown Sugar	1	cups	
Dry Mustard	2	Tbsp	
Cayenne	1	Tbsp	
Basil	1	tsp	
Coriander	1	tsp	