

Tags compliments of TheYummyLife.com. To use: (1) print on paper or sticker paper, cut out, and adhere to jar or bag; or (2) print on card stock, punch a hole in the corner, tie to jar or bag with a string, rubberband, or ribbon.

homemade & healthy
14-Spice Dry Rub Mix

TO USE WITH CHICKEN, BEEF, PORK OR FISH:
Sprinkle dry rub mix on all sides of meat or fish and rub it in. Wrap or cover meat or fish and refrigerate for 1 hour before cooking. Grill, pan fry, broil, or bake according to your preference.

Ingredients: brown sugar, seasoned salt, sweet paprika, smoked paprika, garlic powder, onion powder, celery salt, chili powder, black pepper, sage, allspice, cumin, cayenne, mace, cloves

Find recipes for using this mix to season pulled pork & barbecue sauce at www.TheYummyLife.com

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