

# Homemade BBQ Rub



## INGREDIENTS

1/4 cup brown sugar

1 tbsp chili powder

1 tbsp smoked or sweet paprika

1 tsp cumin

1 tsp cayenne powder

1 tsp black pepper

3/4 tsp ground chipotle chili

1/2 tsp mustard powder

1/4 tsp ground allspice

1 tsp fresh thyme, chopped  
or 1/2 tsp dried thyme

2 tsp fresh rosemary,  
chopped or 1 tsp dried

2 tbsp sea salt

## INSTRUCTIONS

Mix all ingredients together in a bowl until well combined. Sprinkle and rub onto any grill-ready food you're craving. Enjoy on potatoes, corn, chicken, fish, steak, portabellas, squash and so much more!