

# Sugar-Free Meat Rub

**HOW TO USE:** This spice rub is great for many applications. You can use it in a slow cooker with pork or chicken to make a Mexican style pulled pork/chicken. Toss it into a skillet with ground beef, turkey or chicken to make a flavorful filling for tacos. You can also use this to rub your favorite meat before grilling.



## Instructions

1. Combine all ingredients and store in an airtight container.

Recipe serves	
	6
Ingredient	Amount
Chili Powder	2 Tbls
Cumin, Ground	1 Tbls
Smoked Paprika	2 tsp
Unrefined Sea Salt	2 tsp
Black Pepper	2 tsp
Garlic Powder	1/2 tsp
Onion Powder	1 tsp
Oregano	1/2 tsp
Crushed Red Pepper Flakes	1/2 tsp
Cayenne Pepper (optional)	1/2 tsp

Tips: Double the recipe to make enough spice rub to last for weeks! Store in the fridge or freezer for a longer shelf life.