



Tex Mex Rub

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Total Yield	63 gm	2.4 oz.	126 gm	4.8 oz.
Dried Oregano	8 gm	0.3 oz.	16 gm	0.6 oz.
Garlic Powder	8 gm	0.3 oz.	16 gm	0.6 oz.
Onion Powder	8 gm	0.3 oz.	16 gm	0.6 oz.
Paprika	10 gm	0.4 oz.	20 gm	0.8 oz.
Chili Powder	3 gm	0.1 oz.	6 gm	0.2 oz.
Cumin	8 gm	0.3 oz.	16 gm	0.6 oz.
Salt	8 gm	0.3 oz.	16 gm	0.6 oz.
Brown Sugar	10 gm	0.4 oz.	20 gm	0.8 oz.

Method

Combine all the ingredients in a bowl and mix well. If not using right away, transfer to an airtight container or re-sealable bag. Store in the fridge until ready to use.

This rub works well with works well with chicken, fish or tofu dishes. Approximately 2 gm per portion.

Nutrition Facts	
Valeur nutritive	
Per 2 Gram (2g) / par 2 Gram (2g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	5
Fat / Lipides	0g 0%
Saturated / satures	0g
+ Trans / trans	0g 0%
Cholesterol / Cholesterol	0mg
Sodium / Sodium	105mg 4%
Carbohydrate / Glucides	1g 0%
Fibre / Fibres	0g 1%
Sugars / Sucres	0g
Protein / Proteines	0g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	2%