



### Dad's Steak Rub

1 jar with a label made from an old picture of you together.

This is a flavorful way to make BBQ chicken. With less mess too. Low on calories and you should have all of the spices in your pantry.

3 tbsp	salt
3 tbsp	pepper
3 tbsp	paprika
2 tbsp	garlic powder
2 tbsp	dry mustard
1 tsp	bay leaf
1 tsp	crushed red pepper

1. Take all of the spices and mix together in a bowl. With your hand, rub onto the dried meat surface.

2. Place on the BBQ grill that has been sprayed with a non-stick spray.