

**Misc.**

---

## **Grilling Rub - All-Purpose Rub**

Women's Day Magazine

*Best for Baby-back ribs, pork tenderloin, bone-in chicken pieces, salmon, onions.*

*For major flavor, refrigerate for a few hours before cooking.*

*Can be stored for up to three months in an airtight container.*

*Pat about two tablespoons into each pound of meat.*

**1/4 cup chili powder**

**2 tablespoons chili powder (additional)**

**2 tablespoons ground cumin**

**1 tablespoon dried oregano**

**1 1/2 teaspoons ground cinnamon**

**1 1/2 teaspoons Kosher salt**

Yield: 1/2 cup

---

Per Serving (excluding unknown items): 162 Calories; 8g Fat (35.5% calories from fat); 6g Protein; 27g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 3145mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.