

**Misc.**

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## **Grilling Rub - Redeye BBQ Rub**

Women's Day Magazine

*Best for London Broil, strip steak, beef burgers, pork chops.*

*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.*

**3 tablespoons paprika**

**2 tablespoons brown sugar**

**2 tablespoons ground coffee**

**2 teaspoons kosher salt**

**1 teaspoon black pepper**

Yield: 1/2 cup

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Per Serving (excluding unknown items): 133 Calories; 3g Fat (15.4% calories from fat); 3g Protein; 31g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 3775mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.