



Spiced TEA Rub

By Barbara The Tea Specialist

Rub this on your favorite beef, lamb or chicken for a kicked up flavor full dish. Serve protein of choice with potatoes, rice or noodles and your favorite veggie!

3 Tablespoons Lapsang Souchong Black Tea
2 Tablespoons Kosher salt
2 Tablespoons Garlic Powder
1 Tablespoon Onion Powder
1 Tablespoons Smoked Paprika
1 Tablespoon Cayenne
1 Tablespoon dried Thyme
1 Tablespoon ground Black Pepper

Combine all ingredients into a small glass jar. Shake well. Makes 1/2 cup.
Store in fridge up to 3 months.