

## CAJUN RUB<sup>o</sup>



**SERVES:**10 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

**CONTAINER EQUIVALENTS** (per serving): Free



*This all-around Cajun seasoning is great as a dry rub for chicken breast, but it's also wonderful on steak or fish (especially catfish), grilled veggies, corn, as a seasoning for hearty stews; heck, as they say in New Orleans, anything that walks, crawls, swims, or flies, Cajun's got you covered.*

**¼ cup** ground smoked paprika  
**1 Tbsp.** garlic powder  
**1 Tbsp.** onion powder  
**2 tsp.** ground black pepper  
**½ tsp.** ground cayenne pepper  
**1 tsp.** dried oregano  
**1 tsp.** dried thyme

1. Combine paprika, garlic powder, onion powder, black pepper, cayenne pepper, oregano, and thyme in a medium bowl; mix well.
2. Store in an airtight container in a cool, dark place.

### RECIPE NOTE:

To use rub, lightly salt outside of 4 oz. of protein, and sprinkle evenly with 2 tsp. Cajun rub. Cook as desired.

<sup>o</sup>**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

**NUTRITIONAL INFORMATION** (per serving): Calories: 16 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 3 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 0 g Protein: 1 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.