

Savory Steak Rub

Donna Brockett - Kingfisher, OK
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Yield: 1/4 cup

*1 tablespoon dried majoram
1 tablespoon dried basil
2 teaspoons garlic powder
2 teaspoons dried thyme
1 teaspoon dried rosemary,
crushed
3/4 teaspoon dried oregano*

In a bowl, combine all of the ingredients. Store in an airtight container.

Rub over steaks before grilling or broiling. (Will season four to five steaks total.)

Per Serving (excluding unknown items): 45 Calories; 1g Fat (11.5% calories from fat); 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat.