



Anytime Barbecue Rub

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This is an easy, toss-together barbecue rub that's sugar-free and works well with any kind of barbecue sauce. Despite the small amount of cayenne, it is flavorful but not hot.

- 1 cup chili powder
- 3 tablespoons paprika
- 3 tablespoons finely chopped fresh thyme leaves
- 2 tablespoons coarse salt
- 2 tablespoons garlic powder
- 1 tablespoon freshly ground black pepper
- 2 teaspoons ground cumin
- 1 teaspoon cayenne pepper

Combine all ingredients and keep in an airtight container at room temperature.

Coat meat with rub up to 24 hours in advance of grilling.