

# The Good Rub

March 4th, 2021

Prep Time: 00:15

Cook Time: 00:00

This is a great rub for Chuck Roast. For best results, rub this onto the meat, then cover and refrigerate for 48 hours. before freezing or cooking.

## Ingredients:

- 2 Tablespoon Brown Sugar
- 1 Tablespoon Garlic Powder
- 2 Tablespoons Onion Powder
- 2 Teaspoons Dried Oregano
- 1 Teaspoon Dried Thyme
- 1 Teaspoon Dried Parsley
- 1 Tablespoon Coarse Salt
- 1/2 Teaspoon Black Pepper

## Directions:

In a small bowl, mix all ingredients.

Spread liberally across the meat, ensuring full coverage.