
Bobby Flay's Steak Rub

Bobby Flay, online

Internet address:



Servings: 10

1. Combine ingredients and store in well-sealing jar. Sprinkle liberally on steaks before grilling.

Per Serving (excluding unknown items): 12 Calories; 1g Fat (37.3% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

- 2 tablespoons ancho chile powder
- 1 tablespoon Spanish paprika (sweet paprika)
- 1 tablespoon ground coriander
- 1 tablespoon dry mustard
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons chile de arbol (optional - I didn't have any)

Kosher salt and freshly ground black pepper

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>