

- **Dry Rub for Proteins:** Rub generously onto chicken, beef, pork, or fish before grilling, roasting, or smoking. Use on ribs, brisket, or pulled pork for that authentic BBQ flavor. Coat tofu, or tempeh, or for a vegetarian twist.
- **Seasoned Burgers or Meatloaf:** Mix into ground beef, turkey, or plant-based meat to create flavorful burgers or meatloaf.
- **Roasted Vegetables:** Toss vegetables like sweet potatoes, zucchini, or cauliflower with olive oil and seasoning before roasting for a smoky twist.
- **Fries & Potatoes:** Sprinkle onto French fries, tater tots, or potato wedges for a smoky, savory flavor. Add to mashed potatoes or baked potatoes for a unique twist.
- **Rice, Grains, or Pasta:** Stir into cooked rice, quinoa, or couscous for an added burst of flavor. Sprinkle over pasta or mac and cheese for a smoky kick.
- **Soups & Stews:** Stir into chili, soups, or stews for a BBQ-inspired depth of flavor.
- **Marinades:** Combine BBQ seasoning with oil, vinegar, or lemon juice to create a marinade for meats or veggies.

BBQ seasoning is incredibly versatile and can elevate everyday dishes with its bold, smoky, and sweet flavors!

“Get Outside!”



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