



Dried Herb Rub

2 Tablespoon dried parsley
1 Tablespoon dried thyme
1 Tablespoon dried mint
1 Tablespoon dried oregano
1 Tablespoon other dried herbs (or an additional Tablespoon parsley)
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoon garlic granules
1 teaspoon onion granules
Optional: 1/2 teaspoon Stevia leaves or 1 teaspoon sugar

Combine and mix all ingredients in a bowl. Place in a coffee grinder, spice mill or blender and process until it is all finely ground but not powdered.

Store in a tight container in a cool dark place for up to 3 months.