

Thyme and Sage Meat Rub

Ingredients:

- 2 tablespoons dried thyme
- 2 tablespoons dried sage
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 tablespoon black pepper

Instructions:

1. In a small bowl, mix together the dried thyme, sage, garlic powder, onion powder, salt, and black pepper until well combined.
2. Rub the mixture generously onto your choice of meat, making sure to coat it evenly.
3. Allow the meat to sit for at least 30 minutes before cooking, to allow the flavors to absorb.
4. Cook the meat as desired.