

JERK SEASONING

YIELD: 3 quarts (192 1 TBSP servings)

Jerk seasoning is a hot, spicy rub that has varying amounts of heat depending on how much is used. In this blend, the heat comes from cayenne pepper. Instead of using all white sugar, half brown sugar will also work and add a little more depth in flavor. Because this rub has a good amount of sugar in it, it mostly works well with meat such as chicken and beef.

INGREDIENTS

- 2 cups allspice, ground
- 1 ½ cups thyme, dried
- 2/3 cup ground black pepper
- 1 ½ cups kosher salt
- 2 cups paprika
- 2 cups sugar
- 2/3 cup cayenne pepper
- 2 ½ TBSP nutmeg

DIRECTIONS

1. Mix all ingredients together and store in an airtight container in a cool, dry area.

RECIPE NOTES

Nutritional information per serving*: 17 calories; 0.09 g sat. fat; 586 mg sodium; 4.1 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*