

Herb Blends and Rubs

Barbecue Rub for Meat or Vegetables

- 2 Tablespoons dried oregano
- 2 Tablespoons dried rosemary
- 1 Tablespoon dried thyme (or savory if you have it)
- 1 teaspoon dried fennel, optional. Use only if you like the anise flavor.
- 1 teaspoon bay leaf powder
- 1 teaspoon sea salt, or to taste (I like [Redmond real salt](#))

Barbecue Rub for Ribs and Meats:

- 3 Tablespoons paprika
- 2 Tablespoons dried oregano
- 1 Tablespoon garlic powder
- 1 Tablespoon brown sugar (I prefer unprocessed, like [sucanat](#))
- 1 Tablespoon onion powder
- 1 Tablespoon dry mustard
- 1 1/2 Tablespoons cumin
- 2 Tablespoons sea salt, or to taste (I like [Redmond real salt](#))

Italian Seasoning

- 1/4 cup dried crushed oregano
- 1/4 cup dried basil
- 2 tablespoons rosemary
- 1/4 cup thyme
- 1 tablespoon garlic powder
- 1 teaspoon sea salt, or to taste (I like [Redmond real salt](#))

Pasta Seasoning

For tossing into sauces or toss with olive oil for an instant sauce!

- 4 Tablespoons dried basil
- 2 Tablespoons dried oregano
- 1 Tablespoons dried thyme
- 1 teaspoon dried garlic
- 1/2 to 1 tsp bay leaf powder
- 1 teaspoon sea salt, or to taste (I like [Redmond real salt](#))

*Store all blends and rubs in an airtight container to store. I reuse glass jars!

**This contains some affiliate links.