Rubs & Marinades

Marinade
- 5 cloves garlic, pureed
- 1/3 cup soy sauce (If you’re watching your sodium, you can use reduced sodium soy sauce)
- 1/3 cup red wine vinegar
- 1/2 cup olive oil

Mexican Marinade
Ingredients:
- 1/3 cup cider vinegar
- 1/3 cup white vinegar
- 1/3 cup olive oil
- 1/3 cup fresh cilantro, chopped
- 6 cloves garlic, minced
- Juice of 1 lime
- 2 tablespoons cumin
- 1 tablespoon black peppercorns
- 1 tablespoon dried oregano
- 1 teaspoon salt
Combine all ingredients and mix well. This marinade works best if it is made a day in advance so the flavors can blend. Marinate beef for about 6 hours.

Low Sodium Beef Rub
2 1/2 tablespoons dark brown sugar
2 tablespoons paprika
2 teaspoons mustard powder
2 teaspoons onion powder
2 teaspoons garlic powder
1 1/2 teaspoons dried basil
1 teaspoon ground bay leaves
3/4 teaspoon ground coriander seed
3/4 teaspoon ground savory
3/4 teaspoon dried thyme
3/4 teaspoon ground black pepper
3/4 teaspoon ground white pepper
1/8 teaspoon ground cumin
salt to taste
In a small bowl, mix together the brown sugar, paprika, mustard powder, onion powder, garlic powder, basil, bay leaves, coriander, savory, thyme, black pepper, white pepper, cumin, and salt. Store in an airtight jar at room temperature until ready to use.