

# Jamaican Jerk Rub

## Seasoning

Ingredients	Cooking Method
4 tsp Thyme 2 tsp Onion Powder 2 tsp Allspice (ground) 1 tsp Pepper 1 tsp Salt 1 tsp Cinnamon	None

1. Use all dry seasoning
2. Mix all together.

To use, the mixture should be rubbed well into any type of meat, poultry or seafood, then the meat should be covered and refrigerated from 2 to 12 hours so that the flavors can work their magic.