



Welcome to June 26!

First, I want to thank all of you for putting up with my daily musings these past months. I have so enjoyed sharing moments, days and months together! However, a few days a week your email in boxes will be lighter. Starting next week, I will be sharing on Mondays only: Monday Musings with Mary Sue. I look forward to staying connected!

“You must really love these people,” is what my sister said as I told her I was sharing my rub recipe with all of you! Indeed I do. 😊
I created this recipe over a few years of experimentation. It is delicious on chicken or beef; we use it on both. Make sure to put a little olive oil on your meat first and then the rub. Enjoy!

Chicken/Beef Rub:

- 1/2 cup chili powder
- 2 tablespoons paprika
- 2 tablespoons thyme
- 2 teaspoons salt
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 2 teaspoons cumin
- 2 teaspoons cayenne pepper
- 2 tablespoons brown sugar
- 2 teaspoons nutmeg
- 2 teaspoons powder ginger
- 1 teaspoon cinnamon
- 1 teaspoon all spice

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