



# Dad's Day BBQ Rub



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**hands-on time:** 5 minutes

**start-to-eat time:** 25 minutes

**tools:**

- bowl
- measuring cups & spoons
- jar
- sticker label

**kids kitchen skills:**

- stirring
- making a rub

**ingredients**

- 1/4 cup brown sugar
- 1/4 cup paprika
- 1/2 tablespoon ground black pepper
- 1/2 tablespoon salt
- 1/2 tablespoon chili powder
- 1/2 tablespoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper (optional)
- 10-ounce strip or rib eye steak

**For father's day, give dear old dad a bbq rub—and make him a steak!**

Grown-up steps and notes


**Makes 1 Small Jar of Barbecue Rub**


**step-by-step instructions**

1. Whisk together the brown sugar, paprika, black pepper, salt, chili powder, garlic powder, onion powder, and cayenne pepper in a bowl.
2. Spoon it in a jar with a lid. Add a sticker label that says "Dad's



BBQ Rub."

 To use the rub, place the steak on a dinner plate. Spoon on the spice mix and rub it into the meat with the back side of the spoon. Repeat on the other side.

 A grown-up can help grill the steak. First, heat the grill, then grill the steak for about 5 minutes on each side, or until cooked to your liking.

notes:

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