

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Wet Rub

Equipment Needed:

- **Small Mixing Bowl & Spoon**
- **Measuring Spoons**

Directions:

1). Gather equipment & ingredients. Combine all ingredients in a small mixing bowl to make a paste. Rub paste all over meat of choice before roasting. This is so simple, but will give your roast a ton of amazing flavor. Enjoy!

- **2 T. Low FODMAP Garlic Oil (or regular olive oil)**
- **2 t. Dijon Grain Mustard**
- **1 t. Course Kosher Salt**
- **1 t. Low FODMAP Garlic Replacer (sub w/ 1 clove minced garlic or 1/4 t. garlic powder)**
- **1/2 t. Dried Thyme**
- **1/2 t. Dried Rosemary**
- **1/2 t. Dried Ground Porcini or Shitake Mushroom Powder (optional)**
- **1/2 t. Brown Sugar (optional)**
- **1/4 t. Black Pepper**

