

Love Rub Pulled Pork

Gather: Boston Butt or Pork Loin,
4 tablespoons Mama's Love Rub, 1/2 cup water

1. Cover pork with Love Rub on all sides. 2. Place meat fat side up in Crock pot. 3. Add 1/2 cup water to bottom of crockpot. 4. Cook on low 6-8 hours, or until pork pulls apart easily.

Te Amo Taco Meat

Gather: 1 lb ground beef or turkey,
2 tablespoons Mama's Love Rub, 1/4 cup water

1. Brown meat. 2. Add water and Love Rub. Stir to combine for several minutes until thickened.



RECIPES TO GET YOU STARTED

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RECIPES TO GET YOU STARTED

Mama's Favorite Chicken

Gather: 4 chicken breasts, 4 tablespoons Mama's Love Rub, 2 tablespoons olive oil, 1 tablespoon white balsamic vinegar

1. Preheat oven to 275.
2. Combine ingredients in large plastic bag and massage thoroughly until chicken is evenly covered. Let sit in refrigerator for 30 minutes to 1 hour.
3. Heat 1 tablespoon olive oil in dutch oven on stove. Add chicken in single layer. Sear chicken on all sides. (approximately 5-6 minutes per side)
4. Transfer to oven for 1.5 to 2 hours.
5. Slice chicken and enjoy!

Snack Crack

Gather: 2 sleeves saltine crackers, 1 gallon size ziplock bag, 1/2 cup vegetable oil, 2 tablespoons Mamas Love rub.

1. Combine oil and love rub in small bowl.
2. Place crackers in ziplock bag. 3. Pour seasoning mixture over crackers, seal bag and shake to completely cover crackers.
4. Let sit several hours or overnight for oil to absorb.
6. Crumble as salad topping, serve with your favorite dip or eat plain! Warning: You may eat the whole bag in one sitting.

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