

5 Homemade BBQ Seasonings for Ground Beef

Each batch costs under 50 cents | Mix time: 3 minutes | No bottled seasoning needed

All rubs make enough for 1 lb ground beef. Press on surface for a crust. Mix into meat for seasoning throughout.

1. Classic Smoky BBQ

\$0.28/batch

Surface press | Works every time

INGREDIENTS

- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 1/4 tsp kosher salt

METHOD

Sub: sweet paprika + pinch chipotle if no smoked paprika. Press onto patty surface. Rest 10 min. Grill 3-4 min/side.

2. Spicy Southwest

\$0.31/batch

Mix into meat | Burgers + kebabs

INGREDIENTS

- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/8 tsp cayenne pepper

METHOD

Sub: skip cayenne for mild. No chili powder? Use 1/2 tsp paprika + pinch oregano. Mix 1 tsp into meat before forming. Kebabs: 1.5 tsp/lb.

3. Sweet Heat

\$0.22/batch

Surface press | Grill on medium only

INGREDIENTS

- 1 tsp brown sugar
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/8 tsp cayenne pepper

METHOD

Sub: 1 tsp honey mixed into patty if no brown sugar. Press onto surface only. Grill medium heat. Flip once.

4. Garlic Herb

\$0.19/batch

Mix into meat | Kid-friendly

INGREDIENTS

- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 1/4 tsp kosher salt

METHOD

Sub: dried thyme or parsley for oregano. Same amount. Mix into meat before forming. Rest 2 min after cooking.

5. Coffee Char

\$0.33/batch

Surface press | Thick patties only

INGREDIENTS

- 1/2 tsp finely ground coffee
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp kosher salt

METHOD

No sub for coffee — skip this rub if unavailable. Espresso grind only. Press on surface. Rest 10 min. Grill 4-5 min/side. Crust looks dark — that's correct.

Quick Tips + Cost Breakdown

- Use 80/20 ground beef — fat carries flavor.
- Never press patties down on the grill.
- Thumb-indent each patty before grilling.
- Pre-season patties up to 24 hrs ahead.
- Double the batch — stores 3 months.
- Cost savings: 10 lbs beef saves \$3-\$5 vs. bottled.