Simple Marinade

½ tsp Sea Salt
1 tsp Red Pepper Powder
1 tsp Hot Sauce (Optional)
2 Ounces of Oil (vegetable or Olive Garlic Vinegar**

Combine all in jar large enough to be able to shake ingredients. Blend well. Allow to meld on counter about 1 hour prior to using the first time. Shake several times.

Use to marinate meat or poultry for 3 hours. Reserve 1 cup of marinade for basting.

** We use Garlic Apple Cider Vinegar, especially with chicken.