

6 Dinners Menu (Week 19)

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Classic BBQ Pulled Pork with Homemade Coleslaw

Makes extra pork for Recipe 4 |

Ingredients:

- 4 lb pork shoulder/Boston butt (use 3 lbs this meal, 1 lb for Recipe 4)
- 8 hamburger buns
- 1 large head green cabbage, shredded
- 2 large carrots, shredded
- 1 cup BBQ sauce, divided
- 1/2 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 tablespoons mayonnaise
- 1 tablespoon yellow mustard
- Dry Rub: 2 tbsp brown sugar, 1 tbsp paprika, 1 tsp each: garlic powder, onion powder, chili powder, salt, black pepper

Directions:

1. Mix dry rub ingredients. Coat entire pork shoulder, let sit 1 hour or overnight.
2. Grill on low heat (250°F) for 4-5 hours OR slow cooker on low 6-8 hours until internal temp hits 195°F.
3. For coleslaw: Mix cabbage, carrots, mayo, mustard, 2 tbsp vinegar, 1 tbsp brown sugar, salt and pepper.
4. Shred 3 lbs of pork, mix with 1/2 cup BBQ sauce. Reserve 1 lb plain shredded pork for Recipe 4.
5. Serve on buns with coleslaw and remaining BBQ sauce.

Nutrition per serving: Calories: 540 | Protein: 38g | Carbs: 45g | Fat: 25g

Grilled BBQ Chicken with Corn on the Cob & All-American Potato Salad

Makes extra corn for Recipe 5 |

Ingredients:

- 4 bone-in chicken thighs (skin-on for extra flavor)
- 6 ears fresh corn, husked (4 for this meal, 2 for Recipe 5)
- 3 lbs red potatoes, quartered
- 4 hard-boiled eggs, chopped
- 1/2 cup mayonnaise
- 2 tablespoons yellow mustard
- 1/4 red onion, finely diced (save remaining for other recipes)
- 2 celery stalks, diced
- 1/4 cup fresh chives, chopped
- 1/2 cup BBQ sauce for chicken
- Herb Butter: 1/2 cup butter, 2 tbsp fresh parsley, 1 clove garlic minced, salt and pepper
- Chicken Rub: 1 tsp each paprika, garlic powder, onion powder, salt, pepper

Directions:

1. Season chicken with rub mixture. Let sit 30 minutes.
2. Boil potatoes until fork-tender, 15-20 minutes. Drain and cool completely.
3. For herb butter: Mix softened butter, parsley, garlic, salt, and pepper.
4. Grill chicken over medium heat 25-30 minutes, flipping once, until internal temp reaches 165°F. Brush with BBQ sauce in last 5 minutes.
5. Grill corn over medium-high heat, turning every 3-4 minutes until charred in spots (12-15 minutes total).
6. Cut kernels from 2 ears and reserve for Recipe 5.
7. For potato salad: Mix cooled potatoes, eggs, mayo, mustard, onion, celery, chives, salt, and pepper.
8. Serve grilled chicken with corn (brushed with herb butter) and potato salad.

Nutrition per serving: Calories: 620 | Protein: 35g | Carbs: 58g | Fat: 28g

Grilled Hamburgers with All the Fixings & Baked Beans

Makes extra beef for Recipe 6 |

Ingredients:

- 2.5 lbs ground beef 80/20 (2 lbs for burgers, 0.5 lb for Recipe 6)
- 8 hamburger buns
- 8 slices American cheese
- 2 large tomatoes, sliced
- 1 large red onion, sliced (save half for other recipes)
- Lettuce leaves
- Pickles
- Baked Beans: 2 (28 oz) cans baked beans, 1/4 cup brown sugar, 2 tbsp ketchup, 1 tbsp Worcestershire sauce, 4 strips bacon, chopped

Directions:

1. Form 2 lbs ground beef into 8 patties, season with salt and pepper. Reserve 0.5 lb raw ground beef for Recipe 6.
2. For beans: Cook chopped bacon until crispy. Add beans, brown sugar, ketchup, and Worcestershire. Simmer 20 minutes.
3. Grill burgers over medium-high heat, 4-5 minutes per side for medium.
4. Add cheese in last minute of cooking.
5. Toast buns on grill if desired.
6. Serve with all fixings and baked beans.

Nutrition per serving: Calories: 650 | Protein: 35g | Carbs: 52g | Fat: 32g

BBQ Pork Mac and Cheese

Uses reserved pork from Recipe 1

Ingredients:

- 1 lb reserved shredded pork from Recipe 1
- 1 lb elbow macaroni
- 4 cups sharp cheddar cheese, shredded
- 2 cups whole milk
- 4 tablespoons butter
- 3 tablespoons flour
- 1/2 cup BBQ sauce
- 1/2 cup panko breadcrumbs
- 2 tablespoons fresh chives, chopped
- Salt, pepper, paprika

Directions:

1. Preheat oven to 375°F. Cook macaroni according to package directions.
2. In large pot, melt butter, whisk in flour, cook 1 minute. Gradually add milk, whisk until smooth.
3. Add 3 cups cheese, stir until melted. Season with salt and pepper.
4. Mix in cooked macaroni and reserved pork with BBQ sauce.
5. Transfer to greased 9x13 dish, top with remaining cheese and breadcrumbs.
6. Bake 25-30 minutes until bubbly and golden. Garnish with chives.

Nutrition per serving: Calories: 720 | Protein: 42g | Carbs: 65g | Fat: 35g

Grilled Chicken & Red, White & Blue Salad

Uses reserved corn from Recipe 2 | Party Scale: Double for crowd

Ingredients:

- 2 lbs boneless chicken breasts
- Reserved corn kernels from Recipe 2
- 6 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, thinly sliced (reserved from other recipes)
- 1/2 cup blueberries
- 1/2 cup feta cheese, crumbled
- 1/4 cup toasted almonds, sliced
- Marinade: 1/4 cup olive oil, 2 tbsp lemon juice, 2 cloves garlic, 1 tsp oregano
- Dressing: 3 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp honey

Directions:

1. Marinate chicken in olive oil, lemon juice, garlic, oregano for 30 minutes.
2. For corn salsa: Mix reserved corn with diced tomatoes, red onion, cilantro, lime juice, salt and pepper.
3. Grill chicken over medium-high heat 6-7 minutes per side until 165°F.
4. For salad: Combine greens, cherry tomatoes, blueberries, feta, almonds.
5. Whisk dressing ingredients, toss with salad.
6. Serve sliced chicken with corn salsa and patriotic salad.

Nutrition per serving: Calories: 480 | Protein: 36g | Carbs: 28g | Fat: 26g

American Cheeseburger Soup

Uses reserved ground beef from Recipe 3

Ingredients:

- 0.5 lb reserved raw ground beef from Recipe 3
- Remaining red onion from other recipes, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 3 medium potatoes, cubed
- 4 cups beef broth
- 2 cups whole milk
- 2 cups sharp cheddar cheese, shredded
- 3 tablespoons flour
- 3 tablespoons butter
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 1/4 cup fresh parsley, chopped
- Salt, pepper, garlic powder

Directions:

1. In large pot, brown reserved ground beef. Remove and set aside.
2. In same pot, sauté onion, celery, carrots until softened, about 5 minutes.
3. Add potatoes and beef broth, bring to boil. Simmer 15 minutes until potatoes are tender.
4. In small pan, melt butter, whisk in flour, cook 1 minute. Gradually add milk.
5. Add milk mixture to soup, stir in browned beef, ketchup, Worcestershire sauce.
6. Simmer 5 minutes, then stir in cheese until melted. Season to taste.
7. Garnish with parsley and serve with crackers.

Nutrition per serving: Calories: 520 | Protein: 28g | Carbs: 35g | Fat: 30g