

# Memorial Day Sunday Chief Recipe

## Rodeo Blue Cheese Lettuce-Wrapped Burgers with BBQ Beans & Slaw

### Main Event: Rodeo Blue Cheese Lettuce-Wrapped Burgers

- 1 lbs grass-fed ground beef
- cup crumbled blue cheese
- 1 tbsp clean BBQ-style spice rub (no sugar, no MSG, no gluten)
- 1 white onion, thinly sliced
- 1 tbsp real butter (for sauting onions)
- Large lettuce leaves (Romaine, Butter, or Iceberg)
- Sliced tomatoes
- cup clean mayonnaise (Make Your Own: [downshiftology.com/recipes/whole30-mayo](http://downshiftology.com/recipes/whole30-mayo))
- tsp Plant Derived Minerals (add to mayo or burger mix)
- Optional: pickles, spicy mustard, avocado

#### *Instructions:*

1. *Mix ground beef, blue cheese, BBQ rub, and Plant Derived Minerals.*
2. *Form into 6 patties. Grill 5-6 mins per side (internal temp: 160F).*
3. *Saut onions in butter with a sprinkle of spice rub until caramelized.*
4. *Wrap in lettuce with tomato, mayo, and toppings.*

### Side #1: Gluten-Free Sweet & Tangy Slaw

- 3 cups shredded green cabbage
- 1 cup shredded purple cabbage
- 1 cup shredded carrots
- 2 tbsp apple cider vinegar
- 2 tbsp clean mayo
- 1 tsp raw honey (optional)
- tsp celery seed
- Salt & pepper to taste
- Optional: splash of Plant Derived Minerals

#### *Instructions:*

1. *Mix dressing ingredients.*

# Memorial Day Sunday Chief Recipe

## Rodeo Blue Cheese Lettuce-Wrapped Burgers with BBQ Beans & Slaw

2. Toss with slaw mix and chill for 20+ minutes.

### Side #2: Clean BBQ Beans (Gluten-Free)

- 2 cups cooked pinto or navy beans
- 1 cup homemade or clean tomato sauce (no sugar)
- 2 tbsp homemade gluten-free BBQ sauce (see below)
- 1 tsp smoked paprika
- 1 tbsp apple cider vinegar
- 1 tbsp raw honey or stevia
- 1 garlic clove, minced

*Instructions:*

1. Combine all in pot. Simmer 10-15 minutes on low, stirring occasionally.

### DIY Clean BBQ Sauce (Gluten-Free & Sugar-Free)

- 1 cup tomato paste
- 1 cup apple cider vinegar
- 1 cup water
- 2 tbsp raw honey or maple syrup
- 1 tbsp coconut aminos
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- 1 tsp mustard powder
- Optional: dash of cayenne

*Directions:*

1. Whisk all in saucepan over medium heat.
2. Simmer 10 minutes, stirring.
3. Cool and store in fridge up to 2 weeks.