BBQ MAC & VEGGIE BOWL



Everything is better with Barbeque, and this mac and veggie bowl is no exception. If you start with some creamy mac and cheese, add smoked pulled beef brisket, oven roasted broccoli, sliced carrots, and you finish with some crispy onions and smoky BBQ sauce, you are in for a great meal. Or two, or three, we don't judge. Either way, this bowl will certainly be a recipe you'll be reaching for again and again.

Yield: 4 Bowls

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INGREDIENTS

1 Unit	RICH'S COWBOY'S BAR-B-Q SAUCE WITH CHOPPED BEEF AND TEXTURED VEGETABLE PROTEIN, 4 5-LB TUBS (#88313)
12 oz	Creamy Macaroni & Cheese, from scratch or prepared
12 oz	broccoli
8 oz	Carrots, sliced on bias
4 tbsp.	Honey
1 Unit	Yellow Onion, medium
1 Unit	Red Onion, medium
8 oz	AP Flour
2 oz	Corn Starch
1 tbsp.	Paprika
1 tsp.	Cayenne Pepper
2.5 tbsp.	Kosher Salt
1 tsp.	White Pepper

DIRECTIONS

1. Begin by roasting your broccoli in the oven. Place 12 oz of broccoli onto a pan. Add 2 oz. of olive oil and 2 tbsp of salt. Roast in oven for 4-5 minutes, until broccoli starts to get golden brown spots. Place to the side and keep warm.
2. Slice 8oz of carrots on bias. Blanch. Reserve cold water and set aside.
3. Add cold water to a pan along with olive oil. Sauté right before assembly. Add 4 tbsp of honey or until desired sweetness.
4. Prepare your crispy onions. Start by slicing your yellow and red onion very thin. A meat slicer is a good tool to use for this.
5. Combine the flour, corn starch, paprika, cayenne pepper, kosher salt, and white pepper together into a bowl.
6. Toss your sliced onions into the dry ingredients. Shake off excess flour. Do this in 3 batches.
7. Deep fry onions until golden brown and crispy, about 2-3 minutes. Use a tong to help separate the onions in fryer.
8. Finish the onions by seasoning with a small amount of salt to taste. Set aside and keep warm.
9. Heat the macaroni and cheese and the pulled beef brisket until they are hot.
10. Assemble bowl by adding the macaroni and cheese, pulled beef brisket, roasted broccoli, and carrots to a bowl.
11. Drizzle the smokey barbeque sauce on top of the bowl.
12. Top the bowl with a good pinch of crispy fried onions. Serve.

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