

Recession Special

We think bologna gets a bad rap. Sure, it's a little on the plain side. But it doesn't have to be that way! This recipe takes that beloved (or reviled) childhood classic and turns it into a sweet, spicy, smoky masterpiece. It's everything you love about a backyard cookout, served between two slices of Carb Smart Bread.



INGREDIENTS

Aunt Millie's Carb Smart White Bread

Thick-sliced smoked BBQ bologna*

Vidalia onions, thinly sliced

Mayonnaise

Dr. G's World-Famous Coleslaw**

Lays original potato chips

DIRECTIONS

1. Lightly spread mayonnaise on one slice of bread and set aside.
2. Cover second piece of bread with coleslaw.
3. Add thick slice of BBQ bologna.
4. Add sliced onion and sliced dill pickles.
5. Add layer of potato chips.
6. Place slice of bread on top.

***Smoked BBQ Bologna**

3 lbs whole bologna

1/4 cup yellow mustard

1/4 cup BBQ rub

1/2 cup BBQ sauce

Directions

1. Preheat smoker to 225 degrees F (applewood wood chips recommended).
2. Score the bologna about 1/8th of an inch thick in a diamond pattern on all sides.
3. Brush bologna with yellow mustard and sprinkle with the BBQ rub.
4. Smoke bologna for 1-3 hours. Bologna is pre-cooked, so the cooking time is dependent on the color and amount of smoke flavor desired.
5. 30 minutes before removing bologna from smoker, brush all sides with BBQ sauce.
6. Slice to desired thickness while warm.

****Dr. Tailgate's World-Famous Coleslaw**

1.5 -10oz bags of traditional coleslaw mix

3/4 cup best-quality mayonnaise (do not use light or non-fat, I recommend Duke's if available)

2-3 chopped green onions

1/2 red and green bell peppers, julienned

1 tablespoon sour cream

2 tablespoons grated yellow onion (or finely diced)

2 tablespoons sugar, or to taste

2 tablespoons white vinegar

1 tablespoon dry mustard

Pinch of celery salt

Pinch of celery seed

Salt and freshly-ground pepper

Directions

1. Combine the coleslaw mix, bell peppers, and green onions in a large bowl.
2. Whisk together the mayonnaise, sour cream, onion, sweetener, vinegar, mustard, celery salt, celery seed, salt and pepper in a medium bowl.

3. Slowly add to the cabbage mixture. Start with half of the dressing then add to taste (save remaining dressing to add later if needed).
4. Mix well to combine. Season to taste, adding more salt and pepper if desired.



Aunt Millie's
Carb Smart White Bread