



## Grilled Cajun Chuck Roast with Spicy Cheddar Grits

### Ingredients:

- 1 boneless beef chuck shoulder, arm or blade pot roast (about 2 1/2 pounds)
- 2 tablespoons Cajun seasoning blend
- 1 can (14 1/2 ounces) diced tomatoes with onion, undrained
- 1 tablespoon all-purpose flour
- Shredded sharp Cheddar cheese

### Grits:

- 1 cup quick-cooking grits
- 1 quart water
- 1/2 teaspoon salt
- 1/2 cup shredded sharp Cheddar cheese
- 1/8 to 1/4 teaspoon ground red pepper

Makes: 6 servings.

Prep Time: 20 minutes

Grill Time: 2 1/4 to 2 3/4 hours



**DROP, SWAP AND GO™**

Visit [bluerhino.com](http://bluerhino.com) for grilling recipes and Rhino locations near you

FOLD HERE



## Grilled Cajun Chuck Roast with Spicy Cheddar Grits

### Directions:

1. Preheat grill to medium
2. Press Cajun seasoning evenly onto all surfaces of beef pot roast.
3. Place two 24 x 18-inch pieces of heavy-duty aluminum foil on top of each other in shallow roasting pan; place beef in center of foil. Bring up all sides of foil forming a bag and so no liquid can leak out; do not seal.
4. Combine tomatoes and flour in small bowl; pour evenly over surface of pot roast.
5. Seal top and sides of bag with double fold.
6. Adjust the grill for indirect cooking. Refer to owner's manual for indirect cooking.
7. Remove foil bag from pan and place in center of grid over drip pan.
8. Grill, covered, 2 to 2-1/2 hours or until pot roast is fork-tender.
9. Meanwhile prepare grits. Cooks grits in water with salt according to package directions.
10. Add 1/2 cup cheese and red pepper; stir until cheese melts; keep warm.

Makes: 6 servings.

Prep Time: 20 minutes

Grill Time: 2 1/4 to 2 3/4 hours



**DROP, SWAP AND GO™**

Visit [bluerhino.com](http://bluerhino.com) for grilling recipes and Rhino locations near you



## Grilled Cajun Chuck Roast with Spicy Cheddar Grits

11. Remove foil packet to clean shallow pan.
12. Using oven mitts, cut packet open with sharp knife. Carefully fold back top of packet allowing steam to escape.
13. Remove pot roast; keep warm.
14. Skim fat from cooking liquid.
15. Carve pot roast into slices.
16. Serve with cooking liquid and grits
17. Sprinkle cheese over grits, as desired.

Makes: 6 servings.

Prep Time: 20 minutes

Grill Time: 2 1/4 to 2 3/4 hours



*Recipe and photo courtesy of The Beef Checkoff.*

**DROP, SWAP AND GO™**

Visit [bluerhino.com](http://bluerhino.com) for grilling recipes and Rhino locations near you

FOLD HERE



**DROP, SWAP AND GO™**

Visit [bluerhino.com](http://bluerhino.com) for grilling recipes and Rhino locations near you

