



BBQ CHICKEN NACHOS

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
1/5	10 MINS	45 MINS	4-6	MAPLE

INGREDIENTS

1-1/4 LBS. CHICKEN BREASTS,
BONELESS, SKINLESS
TRAEGER PORK & POULTRY RUB,
AS NEEDED

1/2 TO 3/4 CUP
TRAEGER 'QUE BBQ SAUCE
24 LARGE TORTILLA CHIPS
3 CUPS MEXICAN BLEND
SHREDDED CHEESE

1/2 CUP BLACK OLIVES,
SLICED AND DRAINED
PICKLED JALAPENOS, SLICED
3 SCALLIONS, THINLY SLICED
1 CUP SOUR CREAM

PREPARATION

Season the chicken breasts with the Traeger Pork and Poultry Rub.

When ready to cook, set temperature to 350°F and preheat, lid closed for 15 minutes.

Arrange the chicken breasts on the grill grate and cook, turning once halfway through the cooking time, for 25 to 30 minutes, or until the internal temperature when read on an instant-read meat thermometer is 170°F. Transfer to a cutting board and let rest for 3 minutes. Leave the grill on if you are making the nachos immediately.

Dice the chicken into small cubes, 1/2-inch or less. Transfer to a mixing bowl and pour 1/2 cup of Traeger Regular Barbecue Sauce over the diced chicken. Stir gently to coat each piece.

Set aside, or cover and refrigerate if not making the nachos immediately. Lay the tortilla chips in a single layer on a rimmed baking sheet or pizza pan. Sprinkle evenly with half the cheese and a few of the jalapeños (if using).

Spoon barbecued chicken mixture on each chip. Top with black olives and more pickled jalapeno, if desired. Sprinkle the remaining half of the cheese evenly over the chips. Scatter the sliced onions over the chips.

Put the baking sheet on the grill grate. Bake until the chips are crisp and the cheese is melted, 12 to 15 minutes. With a spatula, transfer the nachos to a plate or platter. Serve immediately with sour cream and pickled jalapeños. Enjoy!

*Cook times will vary depending on set and ambient temperatures.



ROASTED BUFFALO WINGS

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
2/5	10 MINS	30 MINS	4-6	HICKORY

INGREDIENTS

CHICKEN WINGS:

- 4 LBS CHICKEN WINGS
- 1 TBSP CORN STARCH
- TRAEGER CHICKEN RUB, AS NEEDED
- KOSHER SALT, TO TASTE

BUFFALO SAUCE:

- 1/4 CUP SPICY MUSTARD
- 1/2 CUP FRANKS RED HOT SAUCE
- 6 TBSP UNSALTED BUTTER

PREPARATION

When ready to cook, set the temperature to 375°F and preheat, lid closed for 15 minutes.

While grill is preheating, dry off chicken wings with a paper towel. Place wings in a large bowl and sprinkle with cornstarch, Traeger Chicken Rub and salt to taste. Mix to coat both sides of the chicken wings.

When the grill has heated, place the wings on the grill and cook for 35 minutes total, turning halfway through cook time.

Check the internal temperature of the wings at 35 minutes. The internal temperature should be at least 165°F. However, an internal temperature of 175-180°F will yield a better texture.

For the Buffalo Sauce: In another pot add the Franks Red Hot, mustard and butter. Whisk to combine and heat through on the stove top.

Keep sauce warm while the wings are cooking. When wings are done, pour the buffalo sauce over the wings, turning with tongs to coat.

Cook for an additional 10-15 minutes on the grill for the sauce to set.

Serve wings with ranch or blue cheese dressing. Enjoy!

*Cook times will vary depending on set and ambient temperatures.



GRILLED WAGYU BURGERS

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
2/5	5 MINS	10 MINS	4-6	HICKORY

INGREDIENTS

2 LB SNAKE RIVER FARMS WAGYU
GROUND BEEF

BURGER BUNS

RED ONION, SLICED

SALT AND PEPPER, TO TASTE

BUTTER LETTUCE

AMERICAN CHEESE

HEIRLOOM TOMATOES, SLICED

PREPARATION

When ready to cook, set the temperature to High and preheat, lid closed for 15 minutes.

Remove from grill and let rest 2 minutes.

Form six burger patties and season liberally with salt and pepper.

Build your burger and top with desired condiments. Enjoy!

When the grill is hot, place burger patties directly on the grill grate and cook for 4 minutes.

*Cook times will vary depending on set and ambient temperatures.

Flip the burgers, top with cheese and cook for 4 minutes longer.



GRILLED JUNGLE JUICE

DIFFICULTY
2/5

PREP TIME
15 MINS

COOK TIME
20 MINS

SERVES
8-12

HARDWOOD
PECAN

INGREDIENTS

**1 PINEAPPLE, PEELED,
CORED AND CUT INTO SPEARS**
3 ORANGES, WASHED & SLICED
5 LIMES, WASHED & SLICED
1 LB STRAWBERRIES, WASHED

1/4 CUP GRANULATED SUGAR
1 BOTTLE PINEAPPLE JUICE
32 OZ CRANBERRY JUICE
32 OZ SPARKLING WATER

1 BOTTLE TITOS VODKA
1 BOTTLE SILVER TEQUILA
1 BOTTLE WHITE RUM
1 BOTTLE TRIPLE SEC

PREPARATION

When ready to cook, set the temperature to 350°F and preheat for 15 minutes.

Toss the citrus slices with sugar, shaking off excess.

Place pineapple spears, citrus slices and strawberries directly on the grill grate and cook 10-20 minutes until grill marks develop.

Remove fruit slices one by one as they finish to ensure they do not get over cooked.
Set aside to cool.

In your jungle juice vessel (we use a cooler), add cooled grilled fruit followed by all the liquids.
Stir well. Enjoy!

*Cook times will vary depending on set and ambient temperatures.



SMOKED JALAPENO POPPERS

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
1/5	15 MINS	60 MINS	4-6	MESQUITE

INGREDIENTS

- 12 MEDIUM JALAPEÑOS
- 8 OZ CREAM CHEESE, SOFTENED
- 2 TBSP TRAEGER PORK & POULTRY RUB
- 6 SLICES BACON, CUT IN HALF
- 1 CUP CHEESE, GRATED

PREPARATION

When ready to cook, set temperature to 180°F and preheat, lid closed for 15 minutes.

Slice the jalapeños in half lengthwise. Scrape out any seeds and ribs with a small spoon or paring knife.

Mix softened cream cheese with Traeger Pork & Poultry rub and grated cheese.

Spoon mixture onto each jalapeño half. Wrap with bacon and secure with a toothpick.

Place the jalapeños on a rimmed baking sheet. Place on grill and smoke for 30 minutes.

Increase the grill temperature to 375°F and cook an additional 30 minutes or until bacon is cooked to desired doneness. Serve warm, enjoy!

*Cook times will vary depending on set and ambient temperatures.



TRAERGER SMOKED GUACAMOLE

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
2/5	25 MINS	30 MINS	6-8	APPLE

INGREDIENTS

- 7 AVOCADOS, SEEDED AND PEELED
- 1/4 CUP CILANTRO, CHOPPED
- 1/4 CUP TOMATO, CHOPPED
- 1/4 CUP RED ONION, CHOPPED
- 2 TBSP LIME JUICE
- 1 TSP CUMIN
- 1 TSP CHILE POWDER
- 3-4 EARS CORN ON THE COB
- 1 POBLANO CHILE
- 1 TBSP GARLIC, MINCED
- SALT AND PEPPER, TO TASTE

PREPARATION

When ready to cook, set temperature to 180°F and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available.

Place avocados cut side up directly on the grill grate and smoke for 10 minutes.

Remove avocados from grill and increase the grill temperature to High.

When grill is to temperature, place whole poblano chile and corn cobs directly on the grill grate. Roast for 15 to 20 minutes, or until a nice char has been achieved.

Cut the charred corn from cobs and set aside. Place the poblano chile in a bowl and cover with plastic wrap; wait 10 minutes, then easily remove the skin.

Dice the chile and add to the corn kernels.

In a large mixing bowl, coarsely mash smoked avocados avocados, leaving some chunks. Add chiles, corn and all remaining ingredients. Mix to combine.

Guacamole is best made as close to serving as possible. For short-term storage, seal in an airtight container with a piece of plastic wrap against the surface of the guacamole. Enjoy!

*Cook times will vary depending on set and ambient temperatures.



GRILLED BACON-WRAPPED HOT DOGS

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
1/5	15 MINS	20 MINS	8-12	MAPLE

INGREDIENTS

- 1 (8 OZ) BRICK COLBY OR CHEDDAR CHEESE
- 8 SLICES THIN-CUT BACON
- 8 HOT DOGS
- 8 HOT DOG BUNS
- CONDIMENTS, FOR SERVING

PREPARATION

Slice the cheese into 8 long strips. Slice the hot dogs lengthwise, leaving a “hinge” on one side, and tuck a piece of cheese into each.

Wrap a slice of bacon in a spiral fashion around each hot dog and secure with toothpicks.

When ready to cook, set the Traeger to 350°F and preheat, lid closed for 15 minutes.

Arrange the bacon-wrapped hot dogs on the grill grate and cook for 20 to 30 minutes, or until the cheese is melted and the bacon has crisped up.

Transfer to the buns and serve immediately with your favorite condiments. Enjoy!

*Cook times will vary depending on set and ambient temperatures.



ST. LOUIS BBQ RIBS

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
3/5	20 MINS	4 HRS	4-6	PECAN

INGREDIENTS

2 RACKS ST. LOUIS BONE IN PORK RIBS

6 OZ TRAEGER PORK & POULTRY RUB

1 BOTTLE TRAEGER SWEET & HEAT BBQ SAUCE

8 OZ APPLE JUICE

PREPARATION

Trim ribs and peel off membrane from the back of ribs.

Apply an even coat of rub to the front and back of ribs. Let sit for 20 minutes and up to 4 hours if refrigerated.

When ready to cook, set temperature to 225°F and preheat, lid closed for 15 minutes.

Place ribs bone side down on grill grate. Put apple juice in a spray bottle and evenly spray ribs. Smoke for 1 hour.

After 1 hour, remove ribs from grill and wrap them in aluminum foil. Leave an opening at one end, pour in remainder of apple juice (about 6 oz) into the foil and wrap tightly.

Place ribs back on grill, meat side down and smoke for an additional 3 hours.

After 3 hours, start checking the internal temperature of ribs. Ribs are done when the internal temperature reaches 203°F.

When ribs are done, remove from the foil and brush a light layer of sauce on the front and back on the ribs. Return to the grill and cook an additional 10 minutes to set the sauce.

After sauce has set, take ribs off the grill and let rest for 10 minutes.

To serve, slice ribs in between the bones. Enjoy!

*Cook times will vary depending on set and ambient temperatures.



GRILLED BRISKET BURGER

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
1/5	15 MINS	8 MINS	2-4	HICKORY

INGREDIENTS

- 3 LBS BEEF BRISKET, GROUND
- 1 MEDIUM RED ONION, SLICED 1/4-INCH THICK
- 3 BURGER BUNS, HALVED
- TRAEGER BEEF RUB, TO TASTE
- 6 SLICES CHEDDAR CHEESE
- 9 OZ TRAEGER SWEET HEAT BBQ SAUCE
- 12 SLICES OF COOKED BACON

PREPARATION

When ready to cook, start the Traeger according to grill instructions. Set the temperature to 375 degrees F and preheat, lid closed for 10-15 minutes.

Form meat into 6 patties and season with Traeger Beef Rub.

Place them directly on the grill grate and cook for 4 minutes, flip patties and cook for 2 more minutes.

Place the red onions on the grill next to the burger and cook for 8 minutes total, flipping halfway through.

Top burgers with cheese and cook until cheese is melted, about 1-2 minutes. Remove burgers from grill and keep warm.

If desired, toast burger buns face side down on the grill for 2 minutes.

Assemble as double burgers with the grilled onions, bacon, and Traeger Sweet & Heat BBQ sauce. Enjoy!



BAKED MAC AND CHEESE

DIFFICULTY	PREP TIME	COOK TIME	SERVES	HARDWOOD
2/5	15 MINS	60 MINS	8-12	CHERRY

INGREDIENTS

- 5 QT WATER
- 1 TSP DRY MUSTARD
- 2 CUPS PLAIN DRY BREADCRUMBS
- 1 TBSP SALT
- 1-1/2 TO 2 CUPS MILK
- PAPRIKA, AS NEEDED
- 2 LB ELBOW MACARONI
- 2 LB VELVEETA OR AMERICAN CHEESE, CUT INTO 1/2" CUBES
- 1 DISPOSABLE ALUMINUM ROASTING PAN OR LARGE HEAT-PROOF CASSEROLE DISH
- 12 TBSP (1 1/2 STICKS), PLUS EXTRA FOR BUTTERING THE PAN BUTTER
- 1-1/2 CUPS MILD CHEDDAR CHEESE, GRATED
- 1/2 CUP FLOUR

PREPARATION

Bring 5 quarts of water to a boil in a large stockpot over high heat. Add 1 tablespoon of salt.

Add the macaroni and stir. Cook for 2 minutes less than the time recommended on the package (the pasta will continue to cook in the Traeger). Stir periodically to keep the pasta from sticking.

Drain well, and transfer to a large mixing bowl.

Melt 8 tablespoons (1 stick) of butter in a medium saucepan over medium heat. Gradually add the flour and mustard, whisking constantly. Continue whisking for about 2 minutes, being careful the mixture doesn't begin to brown. Gradually whisk in 1-1/2 cups of the milk, whisking continuously until the mixture is smooth.

Reduce the heat to medium-low and stir in the Velveeta, one-third at a time, until all the cheese is incorporated and melted.

Add more milk if the cheese sauce seems too thick. Season to taste with salt and pepper.

Pour the cheese sauce over the pasta and stir gently with a rubber spatula or wooden spoon.

Butter the roasting pan or casserole dish and pour the macaroni and cheese evenly into the pan. Sprinkle the cheddar cheese on top.

Melt the remaining butter in a saucepan. Add the breadcrumbs and stir to coat with butter. Spread the breadcrumbs evenly over the top of the macaroni and cheese and dust lightly with paprika.

When ready to cook, set the temperature to 350°F and preheat, lid closed for 15 minutes.

Bake the macaroni and cheese for 45-60 minutes, or until the mixture is hot and bubbling and the breadcrumbs are golden brown. Turn the pan 180 degrees halfway through bake time. Serve hot. Enjoy!

*Cook times will vary depending on set and ambient temperatures.