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May 12, 2019 by Ron Wen

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## **First Take: Redneck BBQ Lab in Benson, a Destination for Smoked Meat Lovers**



Front of Redneck BBQ Lab in Benson – [nctriangledining.com](http://nctriangledining.com)

Outside of pizza, one of my favorite foods has to be BARBEQUE! When you're talking about meat smoked over hardwoods, it's hard to go wrong when barbeque is done right. From ribs, to pulled pork, brisket and sausage, meat cooked low and slow is a special treat. And I got curious when I kept on seeing Redneck BBQ Lab showing up on my social feeds as a barbeque award winner for the area. While its bricks and mortar restaurant is in Benson, they send their food truck up to the Triangle every now and then. I've had a chance to dine at Redneck BBQ Lab multiple times with both their food truck and their physical store. And I quickly learned that all the awards they've won are well-deserved! If you're a fan of smoked meats, read on!



Order area and awards at Redneck BBQ Lab in Benson –

If you've got that hankering for some ribs or brisket, just head on down south on 40 east to Benson. The Redneck BBQ Lab is conveniently located right off the highway in a.... (wait for it) gas station strip mall. Yeah, part of me was surprised, part of me wasn't! Head on into the restaurant and you'll find a neat, clean, country cafe with a chalkboard menu in the corner, order counter in the back, along with a SLEW of barbeque awards and medals above the service area. Looks like the Redneck BBQ Lab does pretty well on the barbeque competition circuit!



Logo sign at Redneck BBQ Lab in Benson – nctriangledining.com

The Redneck BBQ Lab offers up all the usual barbeque favorites: smoked turkey, chopped chicken, pulled pork, brisket, sausage and ribs. Meats are available in 1/4 lb, 1/2 lb and 1 lb increments as well as family packs. You've also got some fun sandwiches like the Fat Redneck (brisket, pulled pork, collards) along with a good selection of Southern sides (collards, mac n cheese, slaw, baked beans, brunswick stew, etc) And throughout the week, the Redneck BBQ Lab offers up some interesting specials like burnt ends (brisket, double-sauced), beef ribs and even pastrami, yum! Upgrade your meat with a side and drink for \$2.99 or two sides and a drink for \$3.99. Most meals with a side will run you under \$15, very affordable.



Burnt ends with barbeque potatoes at Redneck BBQ Lab in Benson – [nctriangledining.com](http://nctriangledining.com)

Over the course of my three visits, I've had a chance to sample quite a bit of Redneck BBQ Lab's menu. I'm a sucker for their burnt ends, chunks of brisket that are double-sauced for extra flavor! These dense, cube of barbeque beef will have your eyes rolling in the back of your end with their tender, sinewy chew and fat. They're so rich, you need to counter-balance them with bites of sweet cornbread or the barbeque potatoes which are prepared in a light, tangy sauce. The pulled pork at Redneck BBQ Labs shows off the signature smoke ring and you can taste it in the meat. Nicely done with some slaw on top and paired with some baked beans. I've also really enjoyed their ribs, mac n cheese along with the potato salad, classic eats!





Pulled pork sandwich at Redneck BBQ Lab in Benson – [nctriangledining.com](http://nctriangledining.com)



Redneck BBQ Lab food truck in Raleigh – [nctriangledining.com](http://nctriangledining.com)

Prices for the Redneck BBQ Lab are right in line for most smoked meats, maybe a touch higher but worth it for what you get! Service at the Redneck BBQ Lab has been outstanding for me at both the food truck and bricks and mortar. Nice friendly folks running the counter who seem to enjoy working here and serving up great food. So a slow round of applause for the Redneck BBQ Lab. They are serving some of the best barbeque I've had in the Triangle

even if Benson may be on the outer edge of that geo. I'll tell you what, the food is so good here it's worth the ride, regardless. So make your way down to the Redneck BBQ Lab and chow down on some wonderful burnt ends, you'll be glad you made the trip!

## The Redneck BBQ Lab

**12101 NC-210 B,**

**Benson, NC 27504**

**919.938.8334**

[Redneck BBQ Lab menu](#)

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