



## Recipes from The Easy Cajun

RECIPES FROM THE EASY CAJUN

See more of my recipes at [CajunEasy.com](http://CajunEasy.com)



### Cajun Easy® – Sloppy Roast Beef

This recipe I created because I wanted to replicate my Aunt's delicious hot roast beef po-boys. She sometimes served that when we visited and it was by far my favorite of her cooking. The New Orleans French Quarter sloppy roast beef po-boys had nothing on my Auntie Mae's version!

Now everybody wants my super simple recipe. This is not only so delicious, it's definitely Cajun Easy®. It will fit in so well on so many different occasions, that you'll think it's the chameleon of my crock pot cooking recipes. So take it "Cajun Easy" and gather your ingredients for a meal in the near future that will win you much praise from your guests ;-)

#### Ingredients –

- 2 lbs. of sliced roast beef from your deli, or slice some that you've cooked
- 2 cans of French onion soup
- 1 package of beef stew seasoning

That's it. That's all you need to make a big hit with friends and family. Sure . . . you can kick it up some more with these optional additions:

- a sprinkle of **Cajun Easy®** seasoning (optional)
- sautéed Cajun Holy Trinity (optional)
- chopped green onions (optional)
- chopped parsley (optional)

I like to get the lean sliced roast beef from the deli . . . not too thin, not too thick. If you cook your own roast, slice it up or break it up before putting it in the slow cooker.

Put the French onion soup and beef stew seasoning (along with the optional Cajun seasoning and Holy Trinity) in the slow cooker and make sure it is all stirred up well. Add the sliced roast beef, one slice at a time, to the pot in a random fashion so that each piece is able to soak up some of the liquid. Cook on low for about 8 hours with a stir every couple of hours if you can. I always wait to put the optional green onions and parsley during the final hour or so of cooking.

Talk about good. Put this on French bread that's been dressed with Blue Plate Mayo, lettuce, tomato, and whatever else your palette desires and you will be so happy you prepared this. And this heavenly mixture is really good on rice too . . . but I know that you already knew that :-)

I told you it was "Cajun Easy" . . .



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