



Recipes from The Easy Cajun

RECIPES FROM THE EASY CAJUN

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You might not prepare this recipe on this particular weekend . . . but oh my . . . you will make it someday and you will have your family and friends busting down the kitchen door for more. You'll find my style of cooking is about keeping it Easy . . . Cajun Easy . . . and taking the time to fill your food with love. I don't . . . no wait . . . I can't . . . fix anything very fast my friends. And this slow cooker/crock pot recipe reflects that style. So . . . you should fix this early in the morning or the day before you wish to serve it. It's Easy, but then you have to wait for the flavors to marry all together.

Let me hear back from you once you've tried it.

Cajun Easy® - Cajun Style Meatballs

(The Swedes don't have anything on Cajuns mes amis ;-)

This requires a large oval 6 or 7 quart slow cooker or, if you halve the ingredients, a regular sized one.

The Holy Trinity –

1 large bell pepper – seeded & chopped

2 medium onions – chopped

3 large stalks of celery – chopped

(or just get a frozen bag of trinity already chopped)

The rest of the stuff –

2 cans cream of chicken soup

2 cans cream of mushroom soup

12 ounce can of evaporated milk

8 ounce container of sour cream

1 tablespoon of diced garlic

1 to 2 tablespoons of **CAJUN EASY®** seasoning



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The rest of the stuff (continued) –

2 tablespoons Worcestershire sauce

5 or 6 shakes of Tabasco sauce

salt and pepper to taste (if needed, but probably not)

90-120 little pre-cooked meatballs, thawed (freezer section of your grocery, or make your own)

chopped green onions (optional)

chopped parsley (optional)

Sauté the “holy trinity” in your favorite pot until all is tender. Move these vegetables to your large crock pot and stir together well with the soups, evaporated milk, sour cream, garlic, seasonings, etc.

Combine the thawed meatballs with the soup mixture and heat in the crock pot, set to low, for several hours (at least 6 to 8) prior to serving. Stir the mixture gently every couple of hours or so if you are present and able to. If you want to add some green onions and/or parsley to the party, do so in the last hour or so of cooking.

For the best results, I like to prepare this a day ahead of time, then remove from the crock pot and place in a suitable container to refrigerate overnight. I put the meatballs back in the crock pot on low for at least 2 or 3 hours before serving. (Safe food handling practices dictate that you first bring the meatball mixture up to temperature quickly in a pot on the stove or in a suitable container in the microwave before returning it to the crockpot to continue the slow cooking and/or serving.)

These are so good with pieces of French bread . . . or with rice . . . or on pasta . . . or just at the end of toothpicks. This is party food so take it . . . **CAJUN EASY®** . . . and just have fun ;-)

Bet you can't eat just one ;-)



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