

Cajun Meatballs

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Ingredients:

1 ½ lb of ground meat.
1 cup of breadcrumbs.
1 medium egg.
¼ cup of milk.
1 teaspoon of salt.
Garlic powder, to taste.
Freshly ground black pepper, to taste.
½ cup of salad oil.
½ cup of chopped bell pepper.
1 medium onion.
¼ cup of green onion tops and bottoms.
Red pepper, to taste.
Flour.
5 cups of water.

Preparation:

In a large bowl, mix the meat, breadcrumbs, egg, milk, salt, garlic powder and black pepper.

Form the mixture into small balls with meat, then roll them in in the flour.

Put the meat in hot oil and brown on all sides.

Remove meatballs from oil and sauté the peppers and onions.

Put the meatballs back in pot and add water; cook for about 45 minutes.

Serve over rice.