



## *Cajun Meatballs*

1 pound lean ground beef	1/4 cup milk
1 1/2 teaspoons hot pepper sauce	1 egg
2 tablespoons Cajun seasoning	1/2 cup barbeque sauce
1 tablespoon Worcestershire sauce	1/2 cup peach preserves
1 tablespoon dried parsley	
1/2 onion	
1/4 cup fresh bread crumbs	

1. Remove the outer skin of the onion. **Scrub with a vegetable brush while holding under cold running water.** Finely chop.
2. Break egg into a clean bowl and beat. **Be sure to wash your hands after handling the raw egg.**
3. In a large bowl, using a long handled wooden spoon stir in the ground beef, hot pepper sauce, Cajun seasoning, Worcestershire sauce, parsley, onion, bread crumbs, milk, and egg. Form the mixture into golf ball sized meatballs and place on a lightly greased baking sheet. **Be sure to wash your hands after forming the meatballs.**
4. Heat oven to 350°F. **Insert the cooking thermometer into the center of the largest meatball. When the internal temperature reaches 165°F (about 30 minutes) the meatballs are done.**
5. In a bowl, mix the barbeque sauce and peach preserves.
6. Place the meatballs in a serving dish and cover with the barbeque sauce mixture. Toss to coat.
7. If you are not serving right away, **set the oven to a temperature that will keep the meatballs internal temperature above 140°F.** Keep hot until it is time to eat.



### *Additional Food Safety Notes Related To This Recipe*

- Always store raw ground beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the ground beef package on a pan or plate to catch any juices that may drip.
- Defrost frozen ground beef on the bottom shelf of the refrigerator. Place the ground beef package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly after beating egg and handling raw ground beef.
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Raw ground beef should not be out of the refrigerator for longer than 2 hours.
  - Warming trays or chafing dishes can be used to keep your meatballs at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and the date.
- When reheating leftover meatballs be sure to use a cooking thermometer to make sure the internal temperature of the meatballs reaches 165°F.

#### Recipe Source

<http://allrecipes.com/recipe/cajun-appetizer-meatballs/>