

SMOKED CAJUN MEATLOAF



The “Holy Trinity”—bell peppers, celery, and onion—as well as Cajun seasonings spice up this regionally-inspired specialty. For a life-changing meatloaf sandwich, tuck a slab of meatloaf into a hard roll along with purchased New Orleans-style olive salad or Italian giardiniera.

DIFFICULTY: 3/5 | **SERVES:** 10 | **PELLET RECOMMENDATION:** Oak

COOK TIME: About 2 hours | **PREP TIME:** 25 minutes

INGREDIENTS

- Nonstick cooking spray
- 1 pound lean ground beef
- 1 pound ground pork or chicken
- 1 pound andouille sausage, removed from the casing
- 2 large eggs
- 1 cup crushed potato chips, preferably Zapp's brand, or saltines
- 2 tablespoons vegetable oil
- 1 large onion, diced
- 1 red bell pepper, stemmed, seeded, and diced
- 1/2 green bell pepper, stemmed, seeded, and diced
- 1 stalk celery, finely diced
- 3 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 to 2 tablespoons Louisiana-style hot sauce, such as Crystal brand
- 1/2 cup milk
- 1/2 cup ketchup or tomato sauce
- 1 tablespoon Traeger Cajun Shake, or your favorite Cajun-style seasoning
- 1 cup of your favorite barbecue sauce (optional)

DIRECTIONS

Line a rimmed baking sheet with foil and top with a wire cooling rack. Spray the rack with nonstick cooking spray. Tear off a large sheet of plastic wrap and lay it on your work surface.

Put the ground beef, pork, sausage, eggs, and potato chips in a large mixing bowl.

In a large skillet, heat the vegetable oil over medium heat. Sauté the onion, bell peppers, celery, and garlic until tender, 5 to 8 minutes. Stir in the Worcestershire sauce, hot sauce, milk, ketchup, and Traeger Cajun Shake. Remove from the heat and let cool. Pour over the meat mixture and mix thoroughly with wet hands until well-combined.

Tip the meat mixture onto the plastic wrap, and using the plastic wrap as an aid, form the meat into a compact loaf roughly 10 inches long and 4 inches high. Transfer the meatloaf to the wire cooling rack and discard the plastic wrap.

When ready to cook, start the Traeger grill on Smoke with the lid open until the fire is established (4 to 5 minutes).

Put the baking sheet with the meatloaf on the grill grate and smoke the meatloaf for 45 minutes. Increase the heat to 300 degrees F and continue to cook the meatloaf until the internal temperature is 160 degrees F as read on an instant-read meat thermometer, about 1 hour and 15 minutes more. (Insert the probe into the thickest part of the meatloaf.)

If desired, top the meatloaf with barbecue sauce for the last 15 minutes of cooking time.

Let the meatloaf cool for 15 minutes before slicing and serving.

