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Subject: Cajun Pasta Recipe

This is what I do and it feeds the 5 of us with 3-4 servings left over. Obviously, garlic bread goes pretty well with this.

Ingredients:

2 boxes of Penne or Shells
1 Kielbasa
1 pound raw shrimp
2 chicken breasts
1 red bell pepper
1 onion
1 half stick butter
2 tbsp flour
1 cup heavy cream
2 cups milk
1 1/2 cups shredded Parmesan cheese
2 tbsp Cajun's Choice seasoning...or more to taste

Put water on to boil. Add pasta when water is boiling.

Dice chicken and cut up kielbasa. Saute until chicken is done.

Slice pepper and onion and add to meat just before meat is done. Saute peppers and onions just long enough to give them a little color, but are still a little crisp.

When pasta is done, remove from heat and drain. Add shrimp to pasta and cover. This will cook the shrimp in about 5 minutes.

When meat and veggies are done, add to pasta. This will also help cook the shrimp without making them tough.

Sauce:

Melt butter in skillet over med. heat.

Add flour to butter and incorporate.

Add the cream and mix until smooth, then add the milk. While stirring, bring sauce up to low boil to thicken. At this point, I usually add the Cajun's Choice and mix in well. Remove from heat.

Add Parmesan and stir until melted. Add sauce to pasta/meat and veggies.