

Loaded Cajun Shrimp Bake: Perfect for Weeknights or Potlucks

bold, smoky kick of Cajun seasoning



OVEN
375°F

TIME
5-7 min

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INGREDIENTS

1 lb medium shrimp, peeled and deveined
2 cups cooked white rice (leftover or freshly cooked)
1 (10.75 oz) can cream of mushroom soup (or cream of celery)
¾ cup milk (whole milk recommended)
1 bell pepper (any color), diced
¾ medium onion, diced
2 cloves garlic, minced
2 tablespoons Cajun seasoning (adjust to taste/spice preference)
1 tablespoon olive oil
1 cup shredded cheddar cheese (or Monterey Jack)
Salt and black pepper, to taste
Optional: chopped green onions or fresh parsley for garnish

DIRECTIONS

- 1.** 1. Sauté Vegetables & Season Shrimp: In a large skillet, heat 1 tablespoon olive oil over medium heat. Add the diced bell pepper and diced onion. Sauté for 5-7 minutes, stirring occasionally, until they are softened. Add the minced garlic and cook for another 1 minute until fragrant. Remove the skillet from heat. Add the 1 lb peeled and deveined shrimp to the skillet with the vegetables. Sprinkle with 2 tablespoons Cajun seasoning and toss to coat the shrimp and veggies evenly.
- 2.** 2. Prepare Creamy Sauce Base: In a large mixing bowl, whisk together the 1 (10.75 oz) can of cream of mushroom soup and ¾ cup milk until smooth and well combined.
- 3.** 3. Assemble the Casserole: Preheat your oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish. Add the 2 cups cooked white rice to the bowl with the creamy soup mixture. Stir to combine. Add the shrimp and vegetable mixture from the skillet to the bowl with the rice and soup. Stir everything together until well combined. Season with salt and black pepper to taste. Pour the entire mixture evenly into the prepared baking dish. Sprinkle the 1 cup shredded cheddar cheese evenly over the top of the casserole.
- 4.** 4. Bake to Perfection: Place the baking dish in the preheated oven. Bake for 25-30 minutes, or until the casserole is hot and bubbly, the shrimp are pink and cooked through, and the cheese on top is melted and golden brown.
- 5.** 5. Garnish & Serve: Remove the Cajun Shrimp Casserole from the oven. Let it cool slightly for about 5-10 minutes before serving. This helps the casserole set for easier scooping. If desired, garnish with fresh

chopped green onions or fresh parsley for a pop of color and freshness. Serve warm and savor every delicious, comforting bite!

SWAPS & NOTES

Ensure they are peeled and deveined.

If using frozen shrimp, thaw them completely and pat dry before adding to the casserole.

Cooked Rice: Leftover cooked rice (white or brown) is perfect for this casserole.

If cooking fresh, ensure it's cooled slightly before mixing.

TIPS FOR SUCCESS

Prep All Ingredients: Have your vegetables diced, shrimp peeled, and rice cooked before you start; this casserole comes together

quickly.

Don't Overcook Shrimp: Shrimp cook quickly.

They will continue to cook in the oven, so they don't need to be fully cooked in the skillet, just partially cooked or sautéed with the seasoning.

Season Generously: Cajun seasoning is key for flavor.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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