

## Cajun Seafood Enchiladas: A Spicy and Cheesy Dinner Idea

To make Cajun Seafood Enchiladas, you will need the following ingredients:



**OVEN**  
**375°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 pound of seafood (shrimp, crab, or a combination)
- 1 tablespoon of Cajun seasoning
- 8 flour tortillas
- 1 cup of shredded cheese (cheddar or Monterey Jack)
- 1 can of cream of mushroom soup
- 1/2 cup of sour cream
- 1/4 cup of chopped green onions
- 1/4 cup of chopped cilantro
- Salt and pepper to taste

### DIRECTIONS

1. Follow these simple steps to make : Cajun Seafood Enchiladas:
2. Preheat your oven to 375°F (190°C).
3. In a pan, cook the seafood with : Cajun seasoning until fully cooked. Set aside.
4. In a separate bowl, mix together the cream of mushroom soup, sour cream, green onions, and cilantro. Season with salt and pepper to taste.
5. Spread a thin layer of the soup mixture on the bottom of a 9x13 inch baking dish.
6. Place a spoonful of the seafood mixture onto each tortilla and roll it up. Place the rolled tortillas seam side down in the baking dish.
7. Pour the remaining soup mixture over the enchiladas and top with shredded cheese.
8. Bake for 25 minutes or until the cheese is melted and bubbly.
9. Garnish with additional green onions and cilantro, if desired, and serve hot.
10. These step-by-step instructions are simple and easy to follow, making this recipe suitable for both beginner and experienced cooks. You can also add your own personal touch by experimenting with different types of seafood or adding extra ingredients like diced bell peppers or jalapenos for added flavor and texture.

### TIPS FOR SUCCESS

Here are some tips and variations to make this recipe even more delicious: If you prefer a creamier filling, you can add more sour

cream or even some cream cheese to the soup mixture.

For a healthier option, you can use whole wheat tortillas and low-fat or Greek yogurt instead of sour cream.

If you don't have Cajun seasoning, you can make your own by combining paprika, garlic powder, onion powder, cayenne pepper, and dried thyme.

For a vegetarian version, you can substitute the seafood with your favorite vegetables, such as mushrooms, zucchini, or spinach.

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

Original recipe: <https://chefmaniac.com/cajun-seafood-enchiladas-a-spicy-and-cheesy-dinner-idea/>