

# Sheet Pan Sausage and Veggies

Easy sheet pan sausage and vegetables recipe. One-pan dinner with roasted sausages, colorful veggies, and simple seasonings. Perfect for busy weeknights.

10	30	40	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Sheet Pan Sausage and Veggies

## Ingredients

- 15 oz sausage
- 2 bell pepper
- 1 cup tomato
- 1 zucchini
- 1 cup broccoli
- 1 red onion
- 2 potato
- 3 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp italian seasoning
- 1 tsp paprika
- 1 tsp chili flakes
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the oven and pan**

Preheat oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper.
- 2 Prepare the vegetables**

Cut 2 bell peppers into 1-inch strips. Slice 1 zucchini into half-moons about ½-inch thick. Cut 1 onion into thick wedges. Break 1 cup broccoli into bite-sized florets. Cut potatoes into 1-inch cubes if using.
- 3 Season the vegetables**

Place all cut vegetables and 1 cup cherry tomatoes in a large bowl. Drizzle with 3 tablespoons olive oil. Sprinkle with 1 teaspoon garlic powder, 1 teaspoon smoked paprika, 1 teaspoon Italian seasoning, 1 teaspoon salt, and 1 teaspoon black pepper. Toss until all vegetables are evenly coated.
- 4 Arrange on pan**

Spread seasoned vegetables in a single layer on the prepared baking sheet. Nestle 15 oz sausage links among the vegetables, spacing them evenly across the pan.

5 **Roast**

Roast for 15 minutes. Remove pan and stir vegetables with a spatula, turning sausages over. Return to oven and roast another 10-15 minutes until sausages reach 160°F (71°C) internal temperature and vegetables are tender with golden edges.

6 Let rest for 3-5 minutes before serving. Serve immediately while hot.

## Tips

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Cut vegetables into uniform sizes to ensure even cooking - harder vegetables like potatoes should be cut smaller than softer ones like zucchini.

Don't overcrowd the pan, as this will cause steaming instead of roasting. Use two pans if necessary to give ingredients space to caramelize.

Preheat your oven fully before adding the pan to ensure immediate searing and proper browning of the vegetables.

Choose sausages with natural casings for the best texture and flavor development during roasting.

Toss vegetables thoroughly with oil and seasonings before arranging on the pan to ensure even coating and maximum flavor.

Line your pan with parchment paper for easy cleanup and to prevent sticking without adding extra oil.

Let the dish rest for 5 minutes after removing from the oven to allow juices to redistribute before serving.

Save time by prepping vegetables the night before and storing them covered in the refrigerator until ready to cook.