

Sheet Pan Sausage and Veggies

Prep Time: 20 minutes

Cook time: 30 minutes

Makes 2-4 servings depending on hunger/fullness levels

Kitchen Items Needed

- Oven
- Chopping knife
- Cutting Board
- Measurement cups and tablespoon/teaspoons
- 1 large sheet pan or 2 small sheet pans
- Parchment paper OR non-stick oil spray
- Microwave OR pot to make rice



Ingredients

- 2 cups baby potatoes (yellow, red, multicolored, etc.)
- 3 cups green beans
- 2 cups broccoli (*option to buy pre-chopped*)
- 2 large bell peppers
- About 13oz large pre-cooked sausage links (such as [this](#), [this](#), or [this](#))
- 6 tbsp. olive oil
- ¼ tsp. red pepper flakes (*optional – leave out if you don't like spice*)
- 1 tsp. paprika
- ½ tsp. garlic powder
- 1 tbsp. dried oregano
- 1 tbsp. dried parsley
- Salt & pepper to taste
- Grated Parmesan to taste
- 4 servings boil in the bag or microwave rice or grain of choice

Instructions

1. Preheat oven to 400 degrees and line a very large sheet pan (or 2 smaller sheet pans) with parchment paper
2. **Prep Veggies.** *Note:* It is important to try and chop veggies to around the same size to ensure they all cook at the same rate.
 - Wash and chop the baby potatoes into 1-inch pieces
 - Wash and trim green beans and cut them in half
 - Wash and chop broccoli into bite size florets
 - Wash and chop peppers into 1-inch pieces
 - Slice the sausage into 1/2 -inch slices

3. Place all the veggies and sausage into a large bowl (or two bowls). Add olive oil and all the spices and mix.
4. Place the sausage and veggies onto the sheet pans, making sure to space everything out so it has plenty of space to cook.
5. Bake for **15 minutes**, remove from oven and flip/stir all of the veggies and sausage around. Return to the oven and bake for another **10-15 minutes** or until veggies are crisp and tender.
6. While the veggies are cooking, prepare the rice according to package instructions.
7. Carefully remove the veggies and sausage from the oven and sprinkle parmesan cheese over them as soon as they come out of the oven.
8. Serve the veggies and sausage over the rice and enjoy!

Storage: Leftovers will stay great in an airtight container in the fridge for 3-4 days