

20-Minute Sheet Pan Sausage and Veggies

Instructions

1. Preheat the oven to 400 degrees.
2. Slice sausage into 1" rounds. Dice sweet potatoes into small 1/2" cubes and cut veggies.
3. Add the vegetables, sausage, and minced garlic to a large baking sheet.
4. Drizzle with olive oil, salt, and pepper (or an Italian spice blend)
5. Toss the ingredients until everything is evenly coated with olive oil and spices.
6. Bake for 20-30 minutes, mixing half way.
7. Serve plain or with your preferred dipping sauce!

Ingredients

- 12-16 oz turkey or chicken sausage (about 3 cups when sliced)
- 2 cups of chopped sweet potatoes
- 1 onion, chopped
- 2 cups of broccoli florets
- 1-2 cups of bell pepper (any color you like)
- 2 cloves of garlic, minced
- 2 tbsp of olive oil
- ½ tsp of salt
- ½ tsp of pepper
- 1 tbsp of Italian seasoning (optional)

Grocery List

Meat

- Turkey or chicken sausage

Produce

- Turkey or chicken sausage
- 1 onion
- 2 sweet potatoes
- 2 cloves garlic
- 1-2 bell peppers (any color)
- 1 head of broccoli (also can use frozen broccoli)

Canned Goods/Grocery

- Olive oil

Spices

- Salt
- Pepper
- Italian seasoning (optional)