



Fast and Easy One Pan Sausage and Veggie Dinner

total time: 40 min | servings: 4 (with rice) | \$5.56 per serving*

INGREDIENTS

- 3/4 pound green beans (frozen or fresh)
- 2 cups red potato (about 1 small)
- 1 large head of broccoli
- 4 Bar-S Hot Links Sausages
- 1 and 1/2 cups bell peppers (about 2 large peppers)
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes (optional)
- 1 tablespoon dried oregano
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 6 tablespoons olive oil

GET COOKING

1. Preheat the oven to 400 degrees F.
2. For easy cleanup, use aluminum foil to line a large sheet pan.
3. Chop the potatoes into small pieces to make sure that they will cook through.
4. If using fresh green beans, trim the ends. If using frozen green beans, thaw and drain before using.
5. Chop the broccoli crown into small bite sized pieces.
6. Chop peppers in thick rectangular strips or squares.
7. Slice sausage links into thick cuts (1/4 inch).
8. Place the sausage and veggies on the sheet pan, drizzle with olive oil and sprinkle with all the spices.
9. Toss the mixture to evenly coat.
10. Allow to bake for 15 minutes, take the pan out of the oven and stir/flip (this allows for a more even bake and helps to avoid burning). Return to oven and continue to cook for another 10 to 15 minutes, checking periodically until the sausage is browned and the vegetables are tender, but still crisp.
11. Serve on top of rice for dinner, or on its own as a hearty side or potluck dish.

Makes 4 servings