

# **Italian roasted sausage, peppers and potatoes**

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There is something comforting about the hearty flavors of Italian roasted sausage, peppers and potatoes. This classic dish, rooted in simple ingredients, delivers a perfect balance of savory and sweet, with smokey sausage, tender potatoes and vibrant bell peppers roasted to a golden deliciousness.

Whether you are looking for an easy, quick one pan weeknight family meal or a crowd pleasing dish for gatherings, this sausage bake recipe captures the essence of rustic Italian cooking.

## **Why I love this Italian Sausage, peppers and potato recipe**

First this recipe is easy to make. It's one pan meal. Those are always the best recipes if you ask me. Italian Sausage peppers and potatoes is a versatile recipe . It can be customized to fit different taste and occasions.

- You can use sweet, mild or spicy Italian sausage. Or if you want a healthier version try Italian chicken sausage or even plant based sausage if you want a vegetarian option. While bell peppers and potatoes are traditional, you can substitute or add vegetables like zucchini, eggplant or even sweet This roasted potatoes and sausage bake can be served as a stand alone meal, or you can serve it it along side, pasta, rice ,over mashed

potatoes or in a hoagie roll for a hearty sandwich.

Because of this variations Italian sausage, peppers and potatoes can be served at casual family dinners or special gatherings. It's the perfect meal prep recipe, as you can assemble it ahead of time and roast when you are ready to serve. Enjoy this recipe and please leave me a comment on your experience with the recipe. I love hearing from you. It's my favorite part!!! THANKS!!! If you like one pan meals try this stove top sausage and peppers recipe.

## Ingredients

- 4 Italian sausage links
- 4 medium potatoes peeled and sliced into wedges
- 1 red and 1 green sliced and seeds removed
- 1 sliced onion
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flake
- 1 Tbsp. Italian seasoning

## Instructions

1. start by preheating your oven to 400-degrees
2. In a bowl add the sausage, potatoes, peppers, garlic and onion. Add the olive oil, Italian herbs, red pepper flakes and salt and pepper to taste. Mix with your hands until well combined. Transfer to a cookie sheet or oven proof casserole dish and bake.
3. Bake 30 minutes or until the vegetables and potatoes are tender and the sausage golden brown. Serve with crusty Italian bread. ENJOY!!!!