



ITALIAN SAUSAGE BAKE

This is a super simple recipe that you can throw together in minutes!

INGREDIENTS

- 10 Italian sausage, mild or hot Links
- 3 bell peppers, any colors you like, sliced into 1" strips or chunks
- 3-4 garlic cloves, diced
- 1 pint grape tomatoes
- 2 lbs yukon gold, or red potatoes, cut into 1½" wedges
- 1 red onion, cut into chunks
- 1 tsp Italian seasoning
- ½ tsp rosemary
- ½ tsp thyme
- 1 tsp salt
- ½ tsp black pepper
- a good drizzle of olive oil



INSTRUCTIONS

1. Preheat the oven to 400°F.
2. In a 13x9 glass baking dish, toss grape tomatoes, potatoes, bell peppers, and red onion with a good drizzle of olive oil and chopped garlic.
3. Add salt, pepper, Italian seasoning, rosemary and thyme. Mix well.
4. Place the sausage links on top of the vegetables and bake for 60 minutes.
5. Remove the sausage bake from the oven. Mix the vegetables around, and check the potatoes are fork tender. If they are still a little hard, bake and addition 10-20 min. (*You may need to turn the sausage to prevent from burning). Serve immediately.

Extras:

Serve over fresh spinach.

Top with some grated parmesan

Ad some of your other favorite veggies - mushrooms, green beans or cauliflower