

One-Pan Vegan Sausage & Roasted Veggies - A Weeknight Hero

Rustic Vegan Sausage and Kale Sheet Pan Delight



OVEN
425°F

TIME
30 min

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Recipe Card

SAVE
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INGREDIENTS

- 1 lb vegan sausage, cut into chunks (450 g)
- 4 cups kale, roughly chopped (120 g)
- 1 red bell pepper, sliced (100 g)
- 1 yellow bell pepper, sliced (100 g)
- 1 red onion, cut into wedges (150 g)
- 2 cups cherry tomatoes (300 g)
- 2 tbsp olive oil (30 ml)
- 1 tsp dried oregano
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp smoked paprika (optional)
- Salt and black pepper, to taste

DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 425°F (220°C). Line a large baking sheet with parchment for easier cleanup.
- 2.** Toss Everything Together: In a large bowl, combine:
- 3.** Vegan sausage chunks
- 4.** Kale
- 5.** Bell peppers
- 6.** Onion wedges
- 7.** Cherry tomatoes
- 8.** Drizzle with olive oil and season with oregano, garlic powder, smoked paprika (if using), salt, and pepper. Toss until well-coated.
- 9.** Spread and Roast: Spread the mixture evenly on your prepared sheet pan.
- 10.** Roast for 20-25 minutes, stirring halfway through, until the vegetables are tender and slightly caramelized and the sausage is browned.
- 11.** Serve: Plate it up hot! Serve solo or with a side of grains or warm pita.

SWAPS & NOTES

It combines roasted vegan sausage with vibrant kale, juicy cherry tomatoes, and sweet bell peppers for a satisfying one-pan meal.

The olive oil, garlic, and smoked paprika bring out incredible flavor while keeping things wholesome.

Preheat the Oven Set your oven to 425°F (220°C) .

Line a large baking sheet with parchment for easier cleanup. 2.

