

## One-Pan Sausage, Peppers & Onions - A Weeknight Favorite

Sausage, Onion & Peppers - The Easiest Comfort Food You'll Make on Repeat



OVEN  
**400°F**

TIME  
**40 min**

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SAVE  
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### INGREDIENTS

- 4 Italian sausages
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 1 large onion, sliced
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt and pepper, to taste
- Crushed red pepper flakes, to taste
- Sliced potatoes
- Sliced squash

### DIRECTIONS

1. Oven Method:: Preheat your oven to 400°F (200°C).
2. Prep the veggies: Slice peppers and onion. Toss with olive oil, garlic powder, Italian seasoning, salt, pepper, and crushed red pepper flakes.
3. Arrange on baking sheet: Place sausages in the center and surround them with the seasoned veggies. Add potatoes or squash if using.
4. Roast for 40 minutes, flipping the sausages halfway through, until sausages are browned and vegetables are tender and caramelized.
5. Stovetop Method:: Heat a large skillet over medium heat.
6. Add a bit of olive oil and cook sausages until browned, about 8-10 minutes.
7. Add peppers, onions (and optional veggies), and seasonings. SautØ for another 10-15 minutes, stirring occasionally, until everything is cooked and caramelized.

### SWAPS & NOTES

Why I Love This Recipe This is one of those meals that feels comforting and indulgent but requires almost zero effort.

It's a weeknight hero and a crowd-pleaser for family dinners or casual get-togethers.

Plus, you can make it all in one pan, which means fewer dishes and more flavor-packed bites.

The mix adds visual appeal and layered sweetness.

### TIPS FOR SUCCESS

Don't overcrowd the pan-use a large sheet or skillet for even browning.

For crispier potatoes, give them a 10-minute head start in the oven before adding other veggies.

Use foil or parchment paper on your sheet pan for easy cleanup.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/one-pan-sausage-peppers-onions-a-weeknight-favorite/>