

## Sheet-Pan Sausage & Peppers With Onions

hands-off, low-mess, and still packed with flavor

**OVEN**  
**425°F**

**TIME**  
**30 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 1/2 pounds Italian sausage links (mild or hot)
- 3 bell peppers (mixed colors), sliced
- 1 large red onion, sliced
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1 tablespoon balsamic vinegar (optional)
- Chopped fresh parsley, for garnish

### DIRECTIONS

1. Preheat and prep. Heat oven to 425°F. Line a large rimmed baking sheet with parchment paper or foil.
2. Season the veggies. Add peppers and onion to the pan. Drizzle with olive oil and toss with garlic, Italian seasoning, salt, pepper, and red pepper flakes (if using).
3. Add the sausage. Nestle sausage links among the vegetables in a single layer.
4. Roast. Bake 25-30 minutes, turning sausages halfway through, until vegetables are tender and lightly caramelized and sausage reaches 160°F internally.
5. Optional balsamic finish. Drizzle balsamic vinegar during the last 5 minutes of roasting.
6. Garnish and serve. Sprinkle parsley over the top and serve as-is, over rice, or in toasted hoagie rolls.

### SWAPS & NOTES

Sausage choice: Mild is family-friendly; hot adds a nice kick.  
Chicken sausage works too-just watch cook time.

Veg add-ins: Mushrooms, zucchini, or cherry tomatoes roast beautifully here.

Use a mix of oregano + basil + thyme (or just oregano if that's what you have).

### TIPS FOR SUCCESS

If everything is piled up, it steams instead of roasting.  
Uniform pepper/onion strips cook at the same pace.  
One flip halfway gives you even browning.  
Sausage should hit 160°F in the center.

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

Original recipe: <https://chefmaniac.com/sheet-pan-sausage-peppers-with-onions/>