

## Roasted Cabbage, Sweet Potatoes and Smoked Sausage: An Easy One-Pan Dinner

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**OVEN**  
**400°F**

**TIME**  
**30 min**

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### INGREDIENTS

1 head of cabbage, cored and cut into 1-inch thick chunks  
Smoked sausage, sliced  
3 sweet potatoes, peeled and cut into chunks  
Olive oil, for drizzling  
Butter, for topping the cabbage  
Your favorite seasonings, to taste

### DIRECTIONS

- 1.** Prep the Vegetables: Preheat your oven to 400°F. Cut the core from the cabbage and slice it into 1-inch thick chunks. Peel the sweet potatoes and cut them into bite-sized chunks. Slice the smoked sausage into rounds.
- 2.** Arrange Everything on the Pan: Place the sweet potatoes on a large sheet pan first. Spread them out so they make good contact with the pan. Fit the cabbage chunks around the sweet potatoes, making sure the potatoes still touch the pan well for proper roasting.
- 3.** Season the Pan: Drizzle everything generously with olive oil. Season well with whatever blend you like best. Make sure both the sweet potatoes and cabbage are coated so they roast up flavorful and tender.
- 4.** Add the Sausage: Scatter the sliced smoked sausage over the top of the vegetables. This lets the sausage warm through and release some of its smoky flavor over the whole pan as it bakes.
- 5.** Bake: Bake at 400°F for 30 minutes. By then, the sweet potatoes should be tender, the cabbage should be softening, and the sausage should be heated through and lightly browned.
- 6.** Finish with Butter: Remove the pan from the oven and place slabs of butter over the cabbage. Return the pan to the oven for about 5 more minutes, just until the butter melts into the vegetables.
- 7.** Serve and Enjoy: Serve hot straight from the pan. Scoop up a little of everything in each serving for the best mix of sweet, savory, smoky, and buttery flavor.

## SWAPS & NOTES

This recipe is wonderfully forgiving.

Any smoked sausage works well here, whether you use pork, beef, turkey, or kielbasa-style sausage.

For the seasoning, keep it simple with salt, black pepper, garlic powder, onion powder, and paprika, or go bolder with Cajun seasoning or Italian herbs.

The sweet potatoes should stay in contact with the pan as much as possible so they roast rather than steam.

### TIPS FOR SUCCESS

Giving the vegetables a bit of room helps them roast and caramelize instead of steaming.

A large sheet pan works best for this.

If your pan is too full, divide everything between two pans.

Cut the sweet potatoes into similarly sized chunks so they cook evenly.

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

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