

Treasure Barrel

Delicious Beef Sausage Tray Bake

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb good quality beef sausage links
- [ ] 1.5 lbs baby potatoes, halved or quartered if large
- [ ] 1 large red bell pepper, chopped into 1-inch pieces
- [ ] 1 large yellow or orange bell pepper, chopped into 1-inch pieces
- [ ] 1 large red onion, cut into wedges
- [ ] 3 tablespoons olive oil

Seasonings

- [ ] 1 teaspoon dried oregano
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon garlic powder
- [ ] 1/2 teaspoon smoked paprika (optional, for color)
- [ ] 3/4 teaspoon salt
- [ ] 1/2 teaspoon black pepper
- [ ] 2 tablespoons fresh parsley, chopped (for garnish)

Instructions

1. Preheat your oven to 400°F (200°C). If you have time, pop your empty baking sheet in to heat up – it helps everything get crispy. Honestly, it makes a difference.
2. In a large bowl, combine the halved potatoes, chopped bell peppers, and red onion wedges. Drizzle with the olive oil and sprinkle with the dried oregano, thyme, garlic powder, smoked paprika (if using), salt, and pepper. Toss everything together until evenly coated. I use my hands, it's just easier.
3. Carefully remove the hot baking sheet from the oven. Spread the vegetable mixture out in a single, even layer. Give the beef sausages a couple of pricks with a fork and nestle them amongst the vegetables.
4. Roast for 30-35 minutes, or until the potatoes are tender and golden around the edges, and the sausages are browned and cooked through. Give the tray a shake or stir everything around halfway through cooking to ensure even browning.
5. Once done, remove from the oven. Sprinkle with the fresh parsley. Let it sit for about 5 minutes before serving. This allows the juices to settle back into the meat and veggies. Serve immediately. It's perfect for a quick comfort meal any night of the week.

Nutrition per serving

480 kcal Calories	**24 g** Protein	**35 g** Carbs	**28 g** Fat

Tips & notes

- Pricking the sausages prevents the casings from splitting open during cooking.
- For extra crispiness, make sure the vegetables are completely dry before tossing with oil.
- Feel free to add other hardy vegetables like carrots or parsnips, just cut them small.