

# **What's a hearty, big-flavor dinner recipe that's quick for weeknights?**

[Midwest Foodie \(www.vchale.com\)](http://www.vchale.com)

## **Conquering the Weeknight Dinner Dilemma**

The quest for a truly satisfying weeknight dinner often feels like a culinary triathlon. You want something hearty and bursting with flavor, but time is always the enemy. Juggling work, family, and a myriad of other commitments leaves little room for elaborate preparations. The good news? You don't have to sacrifice taste or nutrition for speed. We've got a fantastic solution that delivers on all fronts.

## **The Solution: One-Pan Sausage and Peppers with Potatoes**

Imagine a meal that's packed with savory sausage, tender-crisp bell peppers, and comforting roasted potatoes, all seasoned to perfection. Now imagine it coming together on a single sheet pan, meaning less mess and more time for... well, anything else! This One-Pan Sausage and Peppers with Potatoes isn't just a recipe; it's a weeknight game-changer. It's robust enough to satisfy the biggest appetites, colorful enough to entice even picky eaters, and shockingly simple to execute.



## What You'll Need (Key Ingredients)

The beauty of this dish lies in its simple, readily available ingredients. You likely have most of these on hand, or they're easy to grab during a quick grocery run.

- 1 lb (450g) Italian sausage (sweet or hot, links or bulk)
- 2-3 bell peppers (any color, sliced)
- 1 medium onion, sliced

- 1.5 lbs (680g) small potatoes (baby reds, Yukon gold, or fingerlings), quartered
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp garlic powder
- Salt and freshly ground black pepper to taste
- Optional: red pepper flakes for extra kick, fresh parsley for garnish



## Quick Steps to Weeknight Wholeness

Getting this flavor-packed meal on the table is incredibly straightforward. No fancy techniques, just simple roasting!

1. **Preheat & Prep:** Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup.
2. **Chop & Toss:** If using sausage links, slice them into 1-inch pieces. In a large bowl, combine the sliced sausage, bell peppers, onion, and quartered potatoes.
3. **Season:** Drizzle the mixture with olive oil, then sprinkle with oregano, garlic powder, salt, and pepper. Toss everything together until well coated.
4. **Roast:** Spread the seasoned ingredients in a single layer on your prepared baking sheet. Ensure not to overcrowd the pan, as this helps everything roast and brown nicely.

5. **Cook:** Roast for 25-35 minutes, stirring once halfway through, until the potatoes are tender and browned, and the sausage is cooked through and lightly caramelized.
6. **Serve:** Garnish with fresh parsley if desired and serve hot. This dish is a complete meal on its own, but a simple side salad or crusty bread would be a great addition.

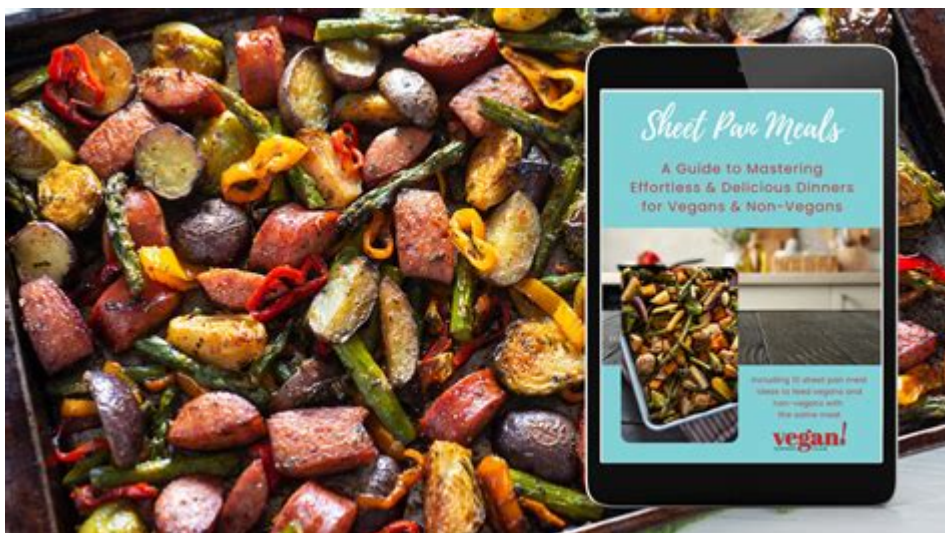


## Tips for Even Quicker Dinners & Customization

Want to shave even more time off? Or perhaps adapt it to your taste?

- **Prep Ahead:** Chop your veggies the night before or on a Sunday meal prep session. Store them in an airtight container in the fridge.
- **Pre-cooked Sausage:** If you're really pressed for time, use fully cooked sausage (like chicken or turkey sausage) and reduce the cooking time slightly, focusing on getting the veggies and potatoes tender.
- **Spice It Up:** Don't be shy with seasonings! A pinch of smoked paprika, a dash of Italian seasoning, or a generous sprinkle of red pepper flakes can elevate the flavors further.
- **Add More Veggies:** Cherry tomatoes, zucchini chunks, or even broccoli florets can be added to the pan for the last 15 minutes of roasting.
- **Cheese Please:** A sprinkle of shredded mozzarella or Parmesan during the last few minutes of roasting adds a delightful cheesy finish.





## Why This Recipe is a Weeknight Winner

This One-Pan Sausage and Peppers with Potatoes embodies everything you crave in a quick, hearty, and flavorful weeknight meal. It minimizes cleanup, maximizes flavor, and offers incredible versatility. It's a complete meal in one go, providing protein, vegetables, and carbohydrates, all while being incredibly satisfying.

So, next time you're staring down a busy weeknight with an empty stomach and limited time, reach for this recipe. It's a testament to the fact that delicious, home-cooked food doesn't have to be complicated or time-consuming. Enjoy the big flavors without the big fuss!

