

# SAUSAGE, SWEET POTATOES, PEPPERS, & ONIONS

## IN THE FREEZER:

- 1 lb sausage, chopped
- 2 large sweet potatoes, chopped
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 onion, sliced
- 2 tsp salt
- 1 tsp pepper
- 1 tbsp worcestershire sauce

## NEEDED FOR SERVE DAY:

n/a

**PREP TIME:** 45-55 mins

**SERVES:** 4-6

## ON SERVE DAY...

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **375 degrees** for **45-55 minutes**.