

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

## Sheet Pan Sausage and Roasted Veggies

Date:

### Additional Ingredients:

- None

THAW MEAL BEFORE  
COOKING

*freezermealprep.pro*

### Sheet Pan:

- Thaw the meal overnight in the fridge.
- Preheat oven to 400F and line a baking sheet with aluminum foil. Empty the contents of the bag onto the pan and spread out evenly.
- Bake for 35-45 minutes, or until veggies are tender, mixing/flipping veggies halfway through.

### Serving Suggestions:

- Serve as is, over rice or with quinoa.