



# Sheet Pan Harvest Bowls



Prep time: 15 mins | Cook time : 30 mins | Serves 4

## INGREDIENTS

### *For the sheet pan:*

- 6-8 rainbow carrots, washed & cut into 1" chunks
- 10-12 brussels sprouts, washed and halved
- 1 granny smith apple, cut into large chunks
- 1 small butternut squash, peeled, seeded, and cut into 1" cubes
- 2 tbsp olive oil
- 2 BOU Chicken Bouillon Cubes
- Pepper, to taste
- 4 maple chicken sausages, sliced into ½" thick rounds
- 3 tbsp pumpkin seeds, for garnish
- 4 tbsp crumbled goat cheese, for garnish

### *For the brown rice:*

- 3 cups water
- 1 BOU Beef Bouillon Cube
- 1 ½ cups brown rice

## DIRECTIONS

### *For the brown rice:*

1. Heat a pot over high heat with water and BOU Beef Bouillon Cube. Once boiling add in brown rice.
2. Reduce heat to low, cover, and let simmer for 30 minutes.

### *For the sheet pan:*

1. Preheat oven to 375.
2. Line a large baking sheet with parchment paper.
3. Wash and prep carrots, brussels sprouts, granny smith apple, and butternut squash.
4. Arrange onto the baking sheet. Drizzle with olive oil. Break apart BOU Chicken Bouillon Cubes and sprinkle onto the vegetables. Season with pepper.
5. Bake for 20 minutes.
6. After 20 minutes, remove from oven, gently toss. Add sliced chicken sausage to the pan.
7. Return sheet pan to oven and bake for another 10 minutes.
8. Serve over rice. Garnish with pumpkin seeds and crumbled goat cheese. Enjoy!

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