

## Tater Tot Breakfast Casserole: Cheesy, Meaty & Easy Bake

Tater Tot Breakfast Casserole



**OVEN**  
**350°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 lb. bulk ground breakfast sausage
- 1 medium yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 lbs. frozen tater tots
- 1 ½ cups shredded sharp cheddar cheese
- 1 ½ cups shredded pepper jack cheese
- 10 large eggs
- 1 cup whole milk
- ½ teaspoon kosher salt
- ½ teaspoon fresh ground black pepper

### DIRECTIONS

- Let's get this delicious : Tater Tot Breakfast Casserole baking!
- Preheat : Oven & Prep Dish: Preheat your oven to 350°F (175°C). Lightly spray a 9x13-inch baking dish with nonstick cooking spray.
- Cook the : Sausage Mixture: In a large skillet over medium-high heat, brown the 1 lb. bulk ground breakfast sausage, breaking it up with a spatula as it cooks. When the sausage is about halfway through browning (still some pink showing), add the diced 1 medium yellow onion, 1 red bell pepper, and 1 green bell pepper. Continue cooking until the sausage is fully browned and the vegetables are soft and translucent. Drain any excess grease thoroughly from the skillet and set the pan aside.
- Assemble the : Casserole: Place a single layer of about half of the 2 lbs. frozen tater tots evenly in the bottom of the prepared baking dish.
- Sprinkle half of the 1 ½ cups shredded sharp cheddar cheese and half of the 1 ½ cups shredded pepper jack cheese evenly over the tater tots.
- In a separate medium bowl, whisk together the 10 large eggs, 1 cup whole milk, ½ teaspoon kosher salt, and ½ teaspoon fresh ground black pepper until well combined. Pour this egg mixture evenly over the shredded cheese layer.
- Spoon the cooked sausage and vegetable mixture evenly over the egg mixture.
- Top with any remaining frozen tater tots, arranging them in a single layer if possible.
- Finally, sprinkle with the rest of the shredded sharp

cheddar and pepper jack cheeses evenly over the top.

10. **Bake:** Cover the baking dish tightly with aluminum foil. Place in the preheated oven and bake for 30 minutes. Remove the foil and continue baking for an additional 25 minutes, or until the cheese is melted and bubbly, and the casserole is set and cooked through (a knife inserted into the center should come out clean). The tater tots on top should be golden and slightly crispy.
11. **Serve:** Let the casserole stand for 10 minutes before slicing to help it set and make for cleaner portions. Enjoy this hearty breakfast casserole!

## SWAPS & NOTES

**Ground Breakfast Sausage:** Use your favorite brand, mild or spicy.

Ensure it's fully cooked and drained.

**Bell Peppers & Onion:** A mix of red and green bell peppers adds color and sweetness.

Finely diced vegetables integrate well into the casserole.

## TIPS FOR SUCCESS

**Drain Sausage Well:** This is crucial for preventing a greasy casserole.

**Don't Thaw Tater Tots:** Use them straight from the freezer for the best crispy texture.

**Cover for Initial Bake:** Covering with foil during the first part of baking helps steam the tater tots and cook the eggs evenly without browning the top too quickly.

Removing the foil allows for golden browning.

