

Tater Tot Breakfast Bowl with Sausage Gravy: The Ultimate Comfort Brunch

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OVEN
425°F

TIME
1-2 min

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INGREDIENTS

1 pound breakfast sausage (pork or turkey sausage works well)

2 tablespoons butter

1/4 cup all-purpose flour

2 cups milk (whole milk or 2% for best creaminess)

Salt and pepper to taste

4 cups frozen tater tots

4 large eggs

1 cup shredded cheddar cheese

Chopped fresh chives, for garnish (optional, but adds freshness)

Swaps and Notes:

Sausage: Use your favorite type of breakfast sausage. Spicy sausage can add a nice kick!

Milk: Whole milk will give you the richest and creamiest gravy. Lower-fat milk can be used, but the gravy might be slightly thinner.

Tater Tots: While tater tots are classic, you could also use crispy hash brown patties or even home fries.

Eggs: Fry your eggs to your personal preference - sunny-side up, over-easy, or scrambled.

Cheese: Sharp cheddar cheese adds a great tang, but any good melting cheese like Monterey Jack or a Colby-Jack blend would be delicious.

Garnish: Chives add a fresh, oniony note, but chopped green onions or a sprinkle of paprika would also be nice.

Step-by-Step Directions:

Preheat Oven: Preheat your oven to 425°F (220°C). This is for your tater tots!

Cook Sausage: In a large skillet, cook the breakfast sausage over medium heat, breaking it up with a spoon as it cooks, until it's browned and thoroughly cooked through. Remove the cooked sausage from the skillet with a slotted spoon, leaving the sausage drippings in the pan. Set the cooked sausage aside.

Make the Gravy Base (Roux): In the same skillet with the sausage drippings, melt the 2 tablespoons of butter over medium heat. Once melted, whisk in the 1/4 cup all-purpose flour. Cook, whisking constantly, for 1-2 minutes until the flour is fully incorporated and forms a smooth paste (this is your roux).

Whisk in Milk: Gradually whisk in the 2 cups of milk, a little at a time, continuously stirring to prevent lumps. Continue whisking and stirring constantly until the mixture thickens and comes to a gentle simmer.

Season Gravy & Add Sausage: Season the gravy with salt and pepper to taste. Return the cooked breakfast sausage to the skillet and stir until it's well combined with the gravy. Keep warm over low heat while the tater tots cook.

Bake Tater Tots: While the gravy simmers, spread the frozen tater tots in a single layer on a baking sheet. Place them in the preheated oven and bake for 20-25 minutes, or until they are golden brown and wonderfully crispy.

Fry Eggs: While the tater tots are baking, fry the 4 large eggs to your desired doneness. Sunny-side up with a runny yolk is highly recommended for these bowls!

Assemble the Bowls: To assemble these hearty breakfast bowls, divide the crispy tater tots among four individual serving bowls.

Top & Serve: Top each bowl generously with a portion of the warm sausage gravy, a freshly fried egg, and a sprinkle of shredded cheddar cheese. Garnish with chopped fresh chives, if desired, and serve immediately while everything is hot and gooey!

Tips for Success:

Don't Skimp on Gravy Time: Let the gravy simmer gently, whisking, to ensure it thickens properly and the flour taste cooks out.

Crispy Tots: Spread the tater tots in a single layer for maximum crispiness. Overcrowding the pan will lead to soggy tots.

Freshly Cooked Gravy: Sausage gravy is best made fresh, as it tends to thicken considerably as it cools.

Season as You Go: Taste the gravy and adjust salt and pepper. Remember the sausage will add saltiness.

Warm Bowls: For an extra touch, you can warm your serving bowls slightly before assembling.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. This breakfast bowl comes together in just a few steps, making it perfect for a leisurely weekend morning:
2. Preheat : Oven: Preheat your oven to 425°F (220°C). This is for your tater tots!
3. Cook : Sausage: In a large skillet, cook the breakfast sausage over medium heat, breaking it up with a spoon as it cooks, until it's browned and thoroughly cooked through. Remove the cooked sausage from the skillet with a slotted spoon, leaving the sausage drippings in the pan. Set the cooked sausage aside.
4. Make the : Gravy Base (Roux): In the same skillet with the sausage drippings, melt the 2 tablespoons of butter over medium heat. Once melted, whisk in the 1/4 cup all-purpose flour. Cook, whisking constantly, for 1-2 minutes until the flour is fully incorporated and forms a smooth paste (this is your roux).
5. Whisk in : Milk: Gradually whisk in the 2 cups of milk, a little at a time, continuously stirring to prevent lumps. Continue whisking and stirring constantly until the mixture thickens and comes to a gentle simmer.
6. Season : Gravy & Add Sausage: Season the gravy with salt and pepper to taste. Return the cooked breakfast sausage to the skillet and stir until it's well combined with the gravy. Keep warm over low heat while the tater tots cook.
7. Bake : Tater Tots: While the gravy simmers, spread the frozen tater tots in a single layer on a baking sheet. Place them in the preheated oven and bake for 20-25 minutes, or until they are golden brown and wonderfully crispy.

8. Fry : Eggs: While the tater tots are baking, fry the 4 large eggs to your desired doneness. Sunny-side up with a runny yolk is highly recommended for these bowls!
9. Assemble the : Bowls: To assemble these hearty breakfast bowls, divide the crispy tater tots among four individual serving bowls.
10. Top & : Serve: Top each bowl generously with a portion of the warm sausage gravy, a freshly fried egg, and a sprinkle of shredded cheddar cheese. Garnish with chopped fresh chives, if desired, and serve immediately while everything is hot and gooey!
11. Tips for Success: Don't Skimp on Gravy Time: Let the gravy simmer gently, whisking, to ensure it thickens properly and the flour taste cooks out.
12. Crispy : Tots: Spread the tater tots in a single layer for maximum crispiness. Overcrowding the pan will lead to soggy tots.
13. Freshly : Cooked Gravy: Sausage gravy is best made fresh, as it tends to thicken considerably as it cools.
14. Season as : You Go: Taste the gravy and adjust salt and pepper. Remember the sausage will add saltiness.
15. Warm : Bowls: For an extra touch, you can warm your serving bowls slightly before assembling.
16. Serving Suggestions and Pairings: This Tater Tot Breakfast Bowl with Sausage Gravy is a meal in itself, a true breakfast powerhouse! It's perfect for a weekend brunch, a hearty family breakfast, or even "brinner" (breakfast for dinner). While it needs little else, a side of fresh fruit can offer a nice, light contrast. For other great breakfast or comforting dishes, you might also enjoy my This One-Pan Breakfast Bake Will Make You Skip or even incorporate some elements from my This Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor for a different twist on sausage.
17. Storage and Leftover Tips: This breakfast bowl is definitely best enjoyed fresh. However, if you have leftover gravy, it can be stored in an airtight container in the refrigerator for 2-3 days. To reheat, gently warm in a saucepan over low heat, adding a splash of milk or water to reach desired consistency, as it will thicken upon cooling. Cook fresh tater tots and eggs each time for the best results.
18. More Recipes You Will Love: If you love hearty breakfasts and comforting meals, be sure to check out some of my other favorite recipes:
19. For a super easy and delicious breakfast casserole, try my This One-Pan Breakfast Bake Will Make You Skip.
20. If you're into quick egg dishes, my : This 3-Ingredient Egg Wrap Is Taking Over Busy is a fantastic option.
21. For a unique breakfast spin, you might be surprised by The Viral Cottage Cheese Pancake Everyones.
22. And if you're looking for ultimate comfort food for a lazy day, my These Easy Turkey Wings Are My Favorite Comfort Food for Lazy Sundays are a must-try.

23. Final Thoughts: This Tater Tot Breakfast Bowl with Sausage Gravy is more than just a meal; it's a comforting experience. It's the perfect way to bring warmth and deliciousness to your morning. Give it a try, and get ready to indulge in some serious breakfast bliss!
24. What's your ultimate comfort breakfast? Share your ideas in the comments below, and don't forget to follow Chef Maniac for more delicious and satisfying recipes!

SWAPS & NOTES

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Milk: Whole milk will give you the richest and creamiest gravy.

Lower-fat milk can be used, but the gravy might be slightly thinner.

Tater Tots: While tater tots are classic, you could also use crispy hash brown patties or even home fries.

TIPS FOR SUCCESS

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Crispy Tots: Spread the tater tots in a single layer for maximum crispiness.

Overcrowding the pan will lead to soggy tots.

Freshly Cooked Gravy: Sausage gravy is best made fresh, as it tends to thicken considerably as it cools.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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