

## Crispy Tater Tot Breakfast Bowl Recipe with Creamy Sausage Gravy

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**TIME**  
**1 min**

**METHOD**  
**Air fryer**

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### INGREDIENTS

- 1 bag frozen tater tots
- 1 pound breakfast sausage
- 1/4 cup all-purpose flour
- 2 to 2 1/2 cups milk
- Salt, to taste
- Black pepper, to taste
- 4 eggs, cooked to your liking
- 1 cup shredded cheese, optional
- Chopped green onions, optional
- Hot sauce, optional

### DIRECTIONS

1. Cook the tater tots: Prepare the frozen tater tots according to the package directions. Bake or air fry them until crisp and golden brown. Set aside while you make the gravy and eggs.
2. Brown the sausage: In a large skillet over medium heat, cook the breakfast sausage until browned and fully cooked, breaking it into crumbles as it cooks. Do not drain all the fat unless there is an excessive amount, since a little helps flavor the gravy.
3. Make the sausage gravy: Sprinkle the flour over the cooked sausage and stir well to coat. Cook for about 1 minute to remove the raw flour taste. Slowly pour in the milk while stirring constantly. Continue cooking until the mixture thickens into a creamy gravy. Season with salt and plenty of black pepper to taste.
4. Cook the eggs: Prepare the eggs however you like them. Fried eggs with runny yolks are especially delicious here, but scrambled eggs also work beautifully if you want easier serving for a group.
5. Assemble the bowls: Divide the crispy tater tots among serving bowls. Spoon the hot sausage gravy generously over the top. Add the eggs, then finish with shredded cheese, chopped green onions, or hot sauce if desired.
6. Serve immediately: This breakfast bowl is best served hot, while the tots are crisp and the gravy is warm and creamy.

### SWAPS & NOTES

Breakfast sausage is the classic choice for gravy, but spicy

sausage can add a little extra heat if you want a bolder flavor.

Whole milk creates the creamiest gravy, though 2 percent milk will still work well.

If the gravy feels too thick, just whisk in a little extra milk

until it reaches your preferred consistency.

Tater tots are the star of the base, so bake or air fry them until they are deeply golden and crisp.

### TIPS FOR SUCCESS

Make sure the tater tots are cooked until extra crispy, not just lightly browned.

Since they will be topped with gravy, that added crispness helps them hold up better and keeps the bowl from becoming too soft.

When making the gravy, add the milk gradually and stir often for the smoothest texture.

If lumps form, whisking well will usually fix it.

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

Original recipe: <https://chefmaniac.com/crispy-tater-tot-breakfast-bowl-recipe-with-creamy-sausage-gravy/>