

Cheesy Tater Tot Sausage Casserole

Cheesy Tater Tot Sausage Casserole is the ultimate comfort breakfast. With crispy golden tater tots, savory sausage, fluffy eggs, and layers of melted cheese, this dish is hearty enough to feed a crowd and simple enough to make ahead.

In this guide, you'll learn how to prepare it step by step, discover variations for different tastes, get storage and freezing tips, and explore serving ideas that make this casserole a family favorite for mornings, brunches, or even weeknight dinners.

Why Cheesy Tater Tot Sausage Casserole Is a Must-Try

Comfort Food for All Occasions

This casserole has everything you want in a satisfying meal: crispy potatoes, creamy cheese, savory sausage, and fluffy baked eggs. It's hearty enough for breakfast yet versatile enough for brunch or dinner. Whether you're hosting guests or cooking for family, this dish always impresses.

Easy Make-Ahead Option

One of the best things about this casserole is that it can be prepared in advance. Assemble it the night before, refrigerate, and simply bake in the morning. It's the perfect no-stress breakfast for holidays, weekends, or meal prep.

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- Author: [Aaron recipes](#)
- Total Time: [80 minutes](#)
- Yield: [12 servings 1x](#)

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Description

A hearty breakfast casserole made with tater tots, sausage, cheese, and eggs. Perfect for family mornings, holidays, or make-ahead meal prep.

Ingredients

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Scale

- ☐ 2 lb hot breakfast sausage
 - ☐ 1 (30-32oz) bag frozen tater tots
 - ☐ 1 tsp salt
 - ☐ 1/2 tsp pepper
 - ☐ 1/4 tsp garlic powder
 - ☐ 1/4 tsp onion powder
 - ☐ 1–1/2 cups shredded cheddar cheese
 - ☐ 1/2 cup mozzarella cheese
 - ☐ 8 eggs
 - ☐ 2 cups milk
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Preheat oven to 350°F. Lightly spray a 9×13-inch pan with cooking spray.
2. In a large skillet, cook sausage until no longer pink. Drain fat.
3. In a large bowl, toss together tater tots, cooked sausage and cheeses. Pour into a lightly greased 9×13-inch pan.
4. Whisk together eggs, salt, pepper, garlic powder, onion powder and milk. Pour over tater tot mixture.
5. Cover and refrigerate at this point if baking later.
6. Bake uncovered for 60 – 70 minutes, or until eggs are set.

Notes

You can make the casserole in advance and refrigerate or freeze for later. If baking after refrigerating, add a few extra minutes to cooking time. If baking after freezing, thaw completely before baking as directed. To reheat, thaw completely, cover with foil, and bake at 350°F for 30–40 minutes until heated through.

- Prep Time: 15 minutes
- Cook Time: 65 minutes
- Category: Breakfast, Brunch
- Method: Baking
- Cuisine: American

Nutrition

- **Serving Size:** 200g
- **Calories:** 380
- **Sugar:** 2g
- **Sodium:** 850mg
- **Fat:** 27g
- **Saturated Fat:** 12g
- **Unsaturated Fat:** 13g
- **Trans Fat:** 0g
- **Carbohydrates:** 20g
- **Fiber:** 2g
- **Protein:** 18g
- **Cholesterol:** 180mg

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Ingredients That Make It Work

The Sausage

Hot breakfast sausage adds a bold flavor, but you can also use mild or turkey sausage. Fully cooking and draining the meat prevents excess grease in the casserole.

The Tater Tots

Frozen tater tots provide the perfect crispy potato base. As they bake, they soak up the egg mixture while still maintaining a golden top layer.

The Cheese

Cheddar brings sharpness and mozzarella adds creaminess, creating a gooey, cheesy finish. Other cheese options like pepper jack or Swiss can be swapped in for variety.

Step-by-Step Instructions

Preparing the Pan and Sausage

Preheat your oven to 350°F and spray a 9×13-inch baking dish with cooking spray. In a skillet, cook the sausage until browned and crumbly, then drain the fat.

Assembling the Casserole

In a large bowl, combine tater tots, cooked sausage, cheddar, and mozzarella. Spread evenly into the prepared pan. In another bowl, whisk eggs with milk, salt, pepper, garlic powder, and onion powder. Pour this over the tater tot mixture.

Baking

Bake uncovered for 60–70 minutes, or until the eggs are set and the top is golden. Let it rest for 5–10 minutes before cutting into squares and serving.

Make-Ahead and Freezer Tips

Refrigerating Overnight

This casserole is ideal for overnight prep. Assemble everything, cover, and refrigerate. In the morning, bake as directed, adding a few extra minutes since it will be cold.

Freezing for Later

To freeze, wrap tightly in foil and store for up to two months. Thaw overnight in the refrigerator before baking. For reheating, cover with foil and warm at 350°F for 30–40 minutes.

Serving Suggestions

Breakfast or Brunch

Serve this casserole with fresh fruit, muffins, or toast for a balanced breakfast. Pair with coffee, orange juice, or mimosas for a festive brunch.



Dinner Ideas

Breakfast-for-dinner is always popular. Add a side salad, roasted vegetables, or garlic bread for a comforting evening meal.

Flavor Variations

Southwestern Twist

Add diced green chiles, black beans, and pepper jack cheese. Serve with salsa, avocado, or sour cream.

Veggie-Packed Version

Mix in sautéed mushrooms, bell peppers, or spinach for a lighter version with extra nutrition.

Meat Lover's Upgrade

Add crispy bacon or ham cubes along with sausage for an even heartier casserole.

Tips for Success

Keep the Texture Right

Drain sausage well and avoid covering the casserole during baking to keep the top crispy.

Test for Doneness

Insert a knife into the center to check for doneness. The eggs should be firm, not runny.

Rest Before Serving

Letting the casserole rest helps it set, making it easier to slice and serve neat portions.

FAQ

Can I use fresh potatoes instead of tater tots?

Yes, but they won't crisp the same way. Shredded or diced potatoes work but take longer to cook.

Can I make this vegetarian?

Yes, skip the sausage and add mushrooms, spinach, or plant-based sausage.

How do I lighten this recipe?

Use turkey sausage, reduced-fat cheese, and skim milk.

Can I make it two days in advance?

It's best prepared only one day ahead to maintain freshness.

What's the best way to reheat leftovers?

Cover with foil and reheat in the oven at 350°F for 20 minutes, or microwave individual servings.

Conclusion

Cheesy Tater Tot Sausage Casserole is everything you want in a breakfast dish: warm, filling, cheesy, and satisfying. With simple ingredients, easy assembly, and flexible make-ahead options, it's perfect for busy mornings, holiday brunches, or even quick dinners. Try different variations, freeze portions for later, and serve it to friends and family—it's a recipe guaranteed to be requested again and again.

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