

Tator Tot Breakfast Casserole

Ingredients:

Frozen

- ☐ One 16-ounce bag frozen Tater Tots

Pantry

- ☐ Butter, for the baking dish
- ☐ 1 tablespoon olive oil
- ☐ 1/4 teaspoon seasoned salt
- ☐ 1/4 teaspoon cayenne
- ☐ Kosher salt and freshly ground black pepper

Protein

- ☐ 1 pound spicy bulk breakfast sausage
- ☐ 4 large eggs

Produce

- ☐ 1 medium onion, very finely diced
- ☐ 1 red bell pepper, very finely diced
- ☐ 1 green bell pepper, very finely diced

Dairy

- ☐ 1 cup milk
- ☐ 1/2 cup half-and-half
- ☐ 2 cups grated Cheddar cheese
- ☐ 1 cup grated pepper jack cheese