

Sausage Tater Frittata

December 18th, 2022

This recipe serves: 6

Prep Time: 00:15

Cook Time: 00:45

This is a fun and tasty frittata that is easy to make. For a little variation, you can add finely chopped onions, tomatoes, and peppers, or baby spinach.

Ingredients:

1 lb Ground Sausage or Ground Pork

6 Eggs

1/2 Cup Half-and-Half (or 1/4 Cup Milk with 1/4 Cup Heavy Cream)

1 Cup Shredded Cheese

32 Ounces Tater Tots

Salt to taste

Directions:

In a frying pan, brown the Sausage and crumble it into loose Ground Pork. Drain off excess fat.

Preheat the oven to 400° F.

In an 8x12 casserole pan, spread the cooked Sausage across the bottom of the pan.

In a separate bowl, mix the Half-and Half with the Eggs. Use a wire whisk and beat well.

Add the Shredded Cheese and mix well.

Pour the Egg mixture to the pan.

Smooth out with a spatula to ensure even distribution.

Cover the top with Tater Tots, standing on their ends.

Bake at 400° F. for 40 minutes.

The Eggs should be set firm and the Tater Tots should be crispy.

Remove the pan from the oven and cool for 10 minutes.

Cut into 6 pieces and serve.