



GIMME SOME TOTS TATER TOT CASSEROLE (VEG, DF)

INGREDIENTS

- 1 red pepper, chopped
- 1 green pepper, chopped
- 14 oz. sausage (I used vegetarian LightLife Gimme Lean Sausage, but I'm sure you could use a pork version)
- 1 cup milk (I used unsweetened almond milk, but you could use a dairy milk)
- 6 eggs (I used liquid egg whites in the amount of 6 full eggs, but you could use full eggs)
- 2 minced (or pressed or chopped) garlic cloves
- 1 teaspoon salt
- 1 pinch pepper
- 1 teaspoon thyme
- 1/2 cup shredded cheese (I used So Delicious Dairy Free Shredded Cheddar, but you could use a dairy cheese version)
- 1 bag of frozen tater tots, thawed (I thawed mine in the microwave in a dish to speed up the process)

DIRECTIONS

How-to:

- 1.*Heat your oven to 350 degrees. Grease a 9 inch by 13 inch dish. I used vegetarian shortening to do this, but you could use a cooking spray, butter or olive oil.*
- 2.*Cook the sausage according to package instructions. Once cool, shred it into crumbles using your hands or chop with a knife. (I shaped mine into patties, cooked, waited for them to cool while I prepped the rest of the ingredients, then crumbled). Set aside.*
- 3.*In a medium to large bowl, add the eggs and milk. Whisk together until combined. Add the garlic, salt, red pepper, green pepper, pepper and thyme. Stir together until combined.*
- 4.*Place the crumbled sausage into the greased cooking dish. Pour the egg and veggie mixture over the sausage.*
- 5.*Layer the tater tots over the egg and sausage mixture.*
- 6.*Sprinkle the shredded cheddar cheese over the tots.*
- 7.*Place in oven. Bake for 40-50 minutes, or until eggs are set.*
- 8.*Allow to cool a few minutes prior to serving. (You don't really have to....this just helps it cut easier if you care about having perfect serving squares).*

Tips and Tricks:

- *I use an oven thermometer to ensure I reach the proper temperature every time I cook. It hangs on one of the oven shelves and I love using it! By using it, I've noticed even my new stove is slightly off in temperature.*
- *Omit the peppers if you aren't a pepper fan. Try adding in different veggies or non at all. Tailor it to suit your tastes.*
- *Serve leftovers alone, or on top of a bit of cooked quinoa and salsa for a Mexican-style feast.*

PREP TIME: 30 MIN

COOK TIME: 50 MIN

TOTAL TIME: 90 MIN

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