

## Cozy Italian Sausage Soup with Potatoes, Carrots & Cream

Italian Sausage Potato Soup with Carrots & Spinach



**TIME**  
**45 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb Italian sausage, crumbled
- 4 medium potatoes, peeled and diced
- 2 carrots, peeled and sliced
- 2 cups fresh spinach, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 6 cups chicken broth
- 1 cup heavy cream
- 1 tsp dried thyme
- ½ tsp red pepper flakes (optional)
- Salt and pepper, to taste
- 2 tbsp olive oil

### DIRECTIONS

- 1. Brown the Sausage:** In a large pot, heat olive oil over medium heat. Add the crumbled Italian sausage and cook until browned, breaking it apart with a spoon.
- 2. Sauté Aromatics:** Add chopped onion and minced garlic. Sauté for 3-4 minutes, until the onion is soft and fragrant.
- 3. Add Veggies & Broth:** Add diced potatoes, sliced carrots, chicken broth, thyme, and red pepper flakes. Bring to a boil.
- 4. Simmer:** Reduce heat and simmer uncovered for 20 minutes, or until the potatoes and carrots are fork-tender.
- 5. Finish with Spinach & Cream:** Stir in fresh spinach and heavy cream. Simmer for another 5 minutes. Taste and adjust seasoning with salt and pepper.
- 6. Serve:** Ladle into bowls and serve hot with crusty bread or garlic toast.

### TIPS FOR SUCCESS

- Use spicy sausage for extra depth or mild if serving kids.
- Don't overcook the spinach -add it near the end for a fresh finish.
- Thicken naturally by mashing a few potatoes in the soup before adding cream.
- Sub with coconut milk or leave out the cream for a lighter broth. ?

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

Original recipe: <https://chefmaniac.com/cozy-italian-sausage-soup-with-potatoes-carrots-cream/>