

Creamy Parmesan Italian Sausage Soup - Comfort in a Bowl

Creamy Parmesan Italian Sausage Soup



TIME

8-10 min

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SAVE

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INGREDIENTS

- 1 tablespoon olive oil
- 1 lb ground Italian sausage (mild or hot, casing removed if links)
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 3 cloves garlic, minced
- 6 cups chicken broth or vegetable broth (low sodium recommended)
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes (optional, for a little warmth)
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1 cup small pasta (such as ditalini, small shells, or orzo), uncooked
- 1 cup heavy cream (or half-and-half)
- 1/2 cup grated Parmesan cheese, plus more for serving
- 1/4 cup chopped fresh parsley, for garnish

DIRECTIONS

1. Let's get this comforting : Creamy Parmesan Italian Sausage Soup simmering!
2. Brown : Sausage: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium-high heat. Add the ground Italian sausage (casing removed if using links) and cook, breaking it up with a spoon, until it's fully browned. Drain any excess grease and transfer the sausage to a plate, leaving a tablespoon or two of rendered fat in the pot.
3. SautØ Aromatics: Add the chopped onion, celery, and carrots to the pot with the remaining fat. Cook for 8-10 minutes, stirring occasionally, until the vegetables are softened. Add the minced garlic, dried basil, dried oregano, red pepper flakes (if using), salt, and black pepper. Cook for 1 minute until fragrant.
4. Build : Broth Base: Pour in the chicken or vegetable broth and the undrained diced tomatoes. Return the browned sausage to the pot. Stir well to combine, scraping up any browned bits from the bottom of the pot. Bring the mixture to a gentle simmer.
5. Cook : Pasta: Add the uncooked small pasta to the simmering soup. Stir well to ensure the pasta is submerged. Reduce heat to medium-low, cover the pot, and simmer for 10-15 minutes, or until the pasta is tender and cooked through (check package directions for specific cooking time). Stir occasionally to prevent sticking.
6. Add : Cream & Cheese: Remove the pot from the heat. Stir in the heavy cream (or half-and-half) and 1/2 cup of the grated Parmesan cheese. Stir until the cheese

is completely melted and the soup is smooth and creamy. If the soup seems too thick, you can add a splash more broth or milk until desired consistency is reached.

7. **Serve & : Garnish:** Taste and adjust seasoning (salt, pepper) if needed. Ladle into bowls, garnish with fresh chopped parsley and extra grated Parmesan cheese. Serve hot.

SWAPS & NOTES

Italian Sausage: Use your favorite type of Italian sausage -

mild for a classic flavor, or hot for a bit of a kick.

If using links, remove the casing before browning.

Ground turkey or chicken sausage can also be used for a lighter

option.

Vegetables: The classic mirepoix (onion, celery, carrot) forms a fantastic aromatic base.

TIPS FOR SUCCESS

Brown the Sausage: Proper browning adds a crucial depth of flavor to the entire soup.

Don't skip draining the excess grease!

Don't Pre-Cook Pasta: The pasta cooks directly in the soup, absorbing all the delicious flavors and releasing starches that help thicken the broth.

Add Pasta at the Right Time: Small pasta cooks quickly.

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

Original recipe: <https://chefmaniac.com/creamy-parmesan-italian-sausage-soup-comfort-in-a-bowl/>