

## Creamy Italian Sausage and Cannellini Bean Soup: A 45-Minute Comfort Meal

Creamy Italian Sausage and Cannellini Bean Soup



**TIME**  
**5 min**

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### INGREDIENTS

- 19 oz Spicy Italian Sausage: Crumbled. This provides the base fat and seasoning for the entire soup.
- 1 Small Onion: Finely chopped to melt into the broth.
- 4 Cloves Garlic: Minced for that essential aromatic punch.
- 1 tsp Italian Seasoning: Or Herbs de Provence for a floral touch.
- 1 tbsp Fresh Thyme Leaves: Fresh is best here!
- 1/4 tsp Red Pepper Flakes: Adjust based on your heat preference.
- 2 Medium Carrots: Sliced into rounds for a bit of sweetness and color.
- 15 oz Canned Cannellini Beans: Rinsed and drained (divided into two portions).
- 5 Cups Chicken Stock: Use high-quality or homemade stock for the best flavor.
- 1/2 Cup Heavy Cream: This gives the soup its luxurious finish.
- Salt and Black Pepper: To taste.

### DIRECTIONS

- Cook Sausage & Aromatics:** In a large saucepan or Dutch oven, cook the crumbled sausage over medium heat. As the fat begins to render, add your chopped onion, minced garlic, Italian seasoning, thyme, and red pepper flakes. SautØ for about 5 minutes until the sausage is browned and the onions are translucent and fragrant.
- Add Carrots & Beans:** Stir in your sliced carrots and half of the cannellini beans. Adding only half the beans now allows some of them to break down slightly, thickening the broth naturally.
- Simmer:** Pour in the chicken stock. Bring the mixture to a boil, then immediately reduce the heat to a gentle simmer. Cover the pot and cook for 15-20 minutes. You'll know it's ready when the carrots are fork-tender.
- Finish with Cream:** Remove the pot from the heat. Stir in the heavy cream and the remaining cannellini beans. The contrast between the softened beans and the freshly added beans creates a wonderful texture.
- Season & Serve:** Taste the broth. Depending on the saltiness of your sausage and stock, add salt and pepper as needed. Garnish with a few extra sprigs of fresh thyme or a sprinkle of Parmesan cheese.

### SWAPS & NOTES

Plus, it's a one-pot wonder, which means cleanup is a breeze!  
Ingredients To get the best results, I recommend using the freshest herbs possible.

Here is what you will need: 19 oz Spicy Italian Sausage: Crumbled.

Swaps and Notes The Sausage: If you prefer less heat, swap the

spicy Italian sausage for mild or sweet Italian sausage.

## TIPS FOR SUCCESS

Don't Drain the Fat (Unless it's Excessive): The rendered fat from the Italian sausage is packed with paprika and fennel flavors.

If there's an overwhelming amount, spoon some out, but leave about a tablespoon to sauté the vegetables.

Deglaze the Pan: If bits of sausage stick to the bottom (the fond), use a splash of the chicken stock to scrape them up.

That is where the "liquid gold" flavor lives!

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

Original recipe: <https://chefmaniac.com/creamy-italian-sausage-and-cannellini-bean-soup-a-45-minute-comfort-meal/>