

One-Pot Creamy Italian Sausage Soup (With Pasta + Parmesan)

Creamy Tuscan Sausage Soup (Sun-Dried Tomatoes, Spinach & Parmesan)



TIME
10 min

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SAVE
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SOURCE
ChefManiac

INGREDIENTS

$\frac{1}{2}$ cup sun-dried tomatoes (in oil), sliced

1 lb mild or spicy Italian sausage

$\frac{1}{2}$ white onion, finely diced

1 red bell pepper, diced

3 cloves garlic, minced

6 cups chicken broth

2 tsp Italian seasoning

1 tsp crushed red pepper flakes

1 tsp kosher salt

$\frac{3}{4}$ cup dried pasta of choice

$\frac{3}{4}$ cup heavy cream (or coconut milk)

3 cups fresh spinach

$\frac{1}{3}$ cup fresh basil, chopped

$\frac{3}{4}$ cup freshly grated Parmesan cheese

Optional: extra Parmesan + basil for serving

Swaps and Notes:

Sausage: Turkey or chicken Italian sausage works great. If using lean sausage, add an extra tablespoon of tomato oil or olive oil for richness.

Pasta: Small shapes like ditalini, small shells, or elbows are ideal. If using larger pasta, expect a few extra minutes of cook time.

Cream: Heavy cream gives the silkiest texture. Coconut milk makes it dairy-free and surprisingly delicious-choose full-fat for the best body.

Greens: Baby kale or chopped Swiss chard can replace spinach (just simmer a minute or two

longer).

Salt: Broth varies a lot-taste at the end and adjust if needed before serving.

Want it extra tomato-y? Add a tablespoon of tomato paste with the garlic for a deeper, redder broth.

Step-by-Step Instructions:

SautØ the base: Heat 2 tablespoons of oil from the sun-dried tomato jar in a large pot over medium heat. Add the sausage and cook, breaking it into small pieces, until browned and cooked through.

Add aromatics: Stir in the diced onion, red bell pepper, and garlic. Cook for 4-5 minutes, stirring often, until softened and fragrant.

Build the broth: Pour in the chicken broth. Add the sliced sun-dried tomatoes, Italian seasoning, red pepper flakes, and kosher salt. Bring to a gentle simmer.

Cook the pasta: Stir in the pasta and simmer for 4-5 minutes, stirring occasionally so it doesn't stick to the bottom.

Make it creamy: Lower the heat and stir in the heavy cream (or coconut milk), spinach, and fresh basil. Cook just until the spinach wilts and the pasta is al dente.

Finish with cheese: Remove the pot from heat and stir in the grated Parmesan until melted, glossy, and silky.

Serve: Ladle into bowls and top with extra Parmesan (and basil if you're feeling fancy).

Tips for Success:

Use the tomato oil. It's the secret weapon-don't skip it.

Freshly grate Parmesan. Pre-shredded cheese doesn't melt as smoothly and can turn grainy.

Don't overcook the pasta. It keeps softening in the hot soup, especially in leftovers.

For thicker soup: Simmer uncovered for 2-3 minutes at the end, or add an extra handful of Parmesan.

DIRECTIONS

1. **SautØ the base:** Heat 2 tablespoons of oil from the sun-dried tomato jar in a large pot over medium heat. Add the sausage and cook, breaking it into small pieces, until browned and cooked through.
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4. **Cook the pasta:** Stir in the pasta and simmer for 4-5 minutes, stirring occasionally so it doesn't stick to the bottom.
5. **Make it creamy:** Lower the heat and stir in the heavy cream (or coconut milk), spinach, and fresh basil. Cook just until the spinach wilts and the pasta is al dente.
6. **Finish with cheese:** Remove the pot from heat and stir in the grated Parmesan until melted, glossy, and silky.
7. **Serve:** Ladle into bowls and top with extra Parmesan (and basil if you're feeling fancy).
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9. **Freshly grate :** Parmesan. Pre-shredded cheese doesn't melt as smoothly and can turn grainy.
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11. **For thicker soup:** Simmer uncovered for 2-3 minutes at the end, or add an extra handful of Parmesan.

12. Extra indulgent finish: Stir in a small pat of butter right before serving for a restaurant-style sheen.
13. Serving Suggestions and Pairings: This soup is a meal on its own, but it's even better with something to scoop and dip:
14. Warm crusty bread, garlic bread, or toasted baguette slices
15. A simple side salad with lemony vinaigrette
16. Roasted vegetables like broccoli or asparagus
17. If you're building a cozy dinner spread, pair it with something equally comforting like These Chicken Enchiladas Are My Go-To for Cozy Crowd-Pleasing Dinners for a fun "choose your comfort" night, or make a game-day appetizer like This Beer Cheese Dip Is My Favorite Party Starter That Disappears in Minutes.
18. Nutritional Information (Per Serving, Estimated):
Calories: ~520
19. Protein: ~22g
20. Carbohydrates: ~28g
21. Fat: ~36g
22. Saturated : Fat: ~16g
23. Fiber: ~3g
24. Sodium: varies by broth and sausage
25. (Values will vary based on sausage type, broth brand, and pasta choice.)

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If using larger pasta, expect a few extra minutes of cook time.

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