

## Creamy Parmesan Italian Sausage Ditalini Soup for Cozy Weeknights

Creamy Parmesan Italian Sausage Ditalini Soup



CREAMY PARMESAN ITALIAN SAUSAGE DITALINI SOUP

You Will Need

1 lb Italian sausage (casings removed)  
2 tablespoons olive oil  
1 medium onion, diced

### TIME

3 to 4 min

### PRINT

Recipe Card

### SAVE

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### SOURCE

ChefManiac

### INGREDIENTS

- 1 pound Italian sausage, casings removed
- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes, drained
- 4 cups chicken broth
- 1 cup heavy cream
- 1 cup ditalini pasta
- 1 cup grated Parmesan cheese
- 2 cups fresh spinach
- 1 teaspoon Italian seasoning
- 1/2 teaspoon crushed red pepper flakes, optional
- Salt, to taste
- Black pepper, to taste
- Fresh parsley, chopped, for garnish

### DIRECTIONS

1. Heat the olive oil in a large pot over medium heat.
2. Add the : Italian sausage and cook until browned, breaking it up as it cooks.
3. Add the diced onion and cook for 3 to 4 minutes, until softened.
4. Stir in the minced garlic and cook for 1 minute, just until fragrant.
5. Add the drained diced tomatoes, chicken broth, Italian seasoning, and crushed red pepper flakes if using.
6. Bring the mixture to a gentle boil.
7. Stir in the ditalini pasta and cook according to the package directions until tender.
8. Reduce the heat to low and stir in the heavy cream and grated Parmesan cheese until the broth is smooth and creamy.
9. Add the fresh spinach and cook until wilted.
10. Season with salt and black pepper to taste.
11. Ladle into bowls and garnish with chopped parsley and extra Parmesan if desired.

### SWAPS & NOTES

Italian sausage is the star here, so use one you really enjoy. Mild sausage keeps the soup family-friendly, while hot Italian sausage adds a little more kick.

If you want even more spice, the crushed red pepper flakes are a great addition.

Ditalini is perfect for this soup because it is small, tender, and easy to eat in each spoonful.

## TIPS FOR SUCCESS

Brown the sausage well at the beginning.

Those browned bits add extra flavor to the whole soup and give the broth a deeper, richer taste.

Keep the heat low when you stir in the cream and Parmesan.

High heat can make dairy-based soups separate or turn grainy, so a gentle finish works best.

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

Original recipe: <https://chefmaniac.com/creamy-parmesan-italian-sausage-ditalini-soup-for-cozy-weeknights/>