



Italian Sausage Soup

Introduction

Italian Sausage Soup is a hearty and flavorful dish that combines the rich taste of Italian

sausages with fresh vegetables and savory spices. Perfect for chilly evenings, this comforting soup is easy to prepare and offers a delightful taste of Italian cuisine in every spoonful.

Detailed Ingredients with measures

- 1 pound Italian sausage, casings removed
- 1 medium onion, diced
- 2 cloves garlic, minced
- 3 medium carrots, sliced
- 1 bell pepper, diced
- 2 cups kale or spinach, chopped
- 4 cups chicken broth
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- 2 tablespoons olive oil
- Grated Parmesan cheese for serving

Prep Time

Prep time for this delicious Italian Sausage Soup is approximately 15 minutes. This includes the time needed to chop vegetables and prepare the sausage.

Cook Time, Total Time, Yield

Cook time is about 30 minutes. Therefore, the total time required to make this soup is around 45 minutes. This recipe yields approximately 6 servings, making it a perfect meal for families or gatherings.



Italian Sausage Soup

Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Gather all necessary ingredients including Italian sausage, vegetables, broth, and seasonings.

Step 2: Cook the Sausage

In a large pot over medium heat, cook the Italian sausage, breaking it apart with a spoon, until browned and cooked through.

Step 3: Add Vegetables

Once the sausage is cooked, add chopped onions, garlic, and bell peppers to the pot. Sauté for about 5 minutes until softened.

Step 4: Incorporate Broth

Pour in the broth and bring the mixture to a boil, then reduce the heat and let it simmer.

Step 5: Add Seasonings

Stir in the Italian seasoning, salt, and pepper, adjusting the flavors to your preference.

Step 6: Include Additional Ingredients

Add diced tomatoes, beans, and any other preferred ingredients, letting them cook through for 10-15 minutes.

Step 7: Final Touches

Taste the soup and adjust seasoning if needed. If desired, add fresh spinach or kale just before serving.

Step 8: Serve Hot

Ladle the soup into bowls and serve hot, garnishing with grated cheese or fresh herbs if preferred.

Notes

Storing Leftovers

The soup can be refrigerated in an airtight container for up to 3 days. Reheat on the stovetop or in the microwave.

Freezing Instructions

This soup freezes well; store in freezer-safe containers for up to 3 months. Thaw overnight in the refrigerator before reheating.

Ingredient Variations

Feel free to customize the soup by adding vegetables like zucchini or carrots, or using different types of sausage for varied flavors.

Serving Suggestions

Pair the soup with crusty bread or a side salad for a complete meal.



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Cook techniques



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