



# Creamy Parmesan Italian Sausage Soup



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## Introduction

Indulge in the rich and comforting flavors of Creamy Parmesan Italian Sausage Soup, a dish that brings warmth and satisfaction to any dining table. This creamy soup is a delightful blend of savory Italian sausage, tender potatoes, fresh spinach, and a luscious Parmesan cream base. Perfect for chilly evenings, this soup is not only easy to prepare but also delivers a hearty meal for family and friends.

## Detailed Ingredients with Measures

1 pound Italian sausage, casings removed  
1 onion, chopped  
2 cloves garlic, minced  
3 cups chicken broth  
2 cups heavy cream  
1 cup grated Parmesan cheese  
2 cups baby spinach  
1 cup sliced mushrooms  
1 cup diced potatoes  
1 teaspoon dried oregano  
1/2 teaspoon dried basil  
Salt and pepper to taste  
2 tablespoons olive oil

## Prep Time

10 minutes

## Cook Time, Total Time, Yield

Cook Time: 25 minutes

Total Time: 35 minutes

Yield: 6 servings



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## Detailed Directions and Instructions

### 1. Brown the Sausage

In a large pot, heat olive oil over medium heat. Add the Italian sausage, breaking it up with a spoon, and cook until browned. Drain excess fat if necessary.

### 2. Sauté Vegetables

Add chopped onion and minced garlic to the pot. Sauté until the onion is translucent, about 3-4 minutes.

### 3. Add Broth and Potatoes

Stir in the chicken broth and diced potatoes. Bring to a boil, then reduce heat and let simmer until the potatoes are tender, about 10-15 minutes.

### 4. Incorporate Cream and Cheese

Once the potatoes are cooked, add the heavy cream and grated Parmesan cheese. Stir until the cheese is melted and the soup is creamy.

### 5. Add Spinach and Seasonings

Stir in the baby spinach, dried oregano, dried basil, and season with salt and pepper to taste. Cook for an additional 2-3 minutes until the spinach is wilted.

See also [Baked Garlic Parmesan Potato Wedges](#)

## 6. Serve

Ladle the soup into bowls and enjoy warm.

## Notes

### Prep Time

10 minutes

### Cooking Time

25 minutes

### Total Time

35 minutes

### Servings

6 servings

### Kcal

480 kcal per serving



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# Cook techniques

## 1. Browning Sausage

Involves cooking the Italian sausage over medium heat until it develops a golden-brown color, enhancing its flavor.

## 2. Sautéing

This technique involves cooking the chopped onion and minced garlic in a small amount of oil until they become soft and fragrant, which helps to build the base flavor for the soup.

## 3. Simmering

The diced potatoes are added to the broth and cooked at a lower temperature after boiling, allowing the flavors to meld and the potatoes to soften without overcooking.

## 4. Incorporating Dairy

Adding heavy cream and grated Parmesan cheese to the soup creates a rich, creamy texture. It's important to stir until the cheese melts fully to achieve a uniform consistency.

## 5. Wilting Greens

Adding baby spinach at the end of cooking allows it to soften slightly without losing its bright color or nutrients, enhancing both the flavor and visual appeal of the soup.

## FAQ

**Can I use a different type of sausage?**

Yes, you can substitute with chicken or turkey sausage for a leaner option, or use a different flavor profile, such as spicy sausage.

**How can I make this soup healthier?**

You can use reduced-fat cream or milk instead of heavy cream and add more vegetables, such as carrots or zucchini, to increase nutritional value.

**Can I freeze the soup?**

Yes, the soup can be frozen, but it is best to do so before adding the cream and cheese to maintain texture. Reheat and add dairy when ready to serve.

See also Mini Cinnamon Roll Cheesecakes

**What can I serve with this soup?**

The soup pairs well with crusty bread, a side salad, or garlic bread for a complete meal.

**How long does this soup last in the fridge?**

The soup can be stored in an airtight container in the refrigerator for up to 3-4 days.



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## Conclusion

This Creamy Parmesan Italian Sausage Soup is a comforting and hearty dish perfect for any occasion. With its rich flavors and creamy texture, it not only satisfies hunger but also warms the soul. The combination of Italian sausage, fresh spinach, and Parmesan cheese creates a delightful symphony of tastes that can be enjoyed on its own or paired with your favorite bread. It's a simple recipe that can easily become a family favorite.

### **More recipes suggestions and combination**

Try adding different vegetables such as carrots or bell peppers for extra nutrition and flavor.

### **More recipes suggestions and combination**

For a spicier kick, use hot Italian sausage instead of mild, or add a pinch of red pepper flakes.

### **More recipes suggestions and combination**

Serve the soup with a crusty bread or garlic bread on the side for a complete meal experience.

### **More recipes suggestions and combination**

Pair the soup with a fresh side salad dressed with a lemon vinaigrette for a refreshing contrast.

### **More recipes suggestions and combination**

For a twist, consider adding cooked pasta or rice to the soup for a heartier version.

**More recipes suggestions and combination**

Top the finished soup with additional grated Parmesan and freshly cracked black pepper for an extra burst of flavor.



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