

Foodnity Recipes

Italian Sausage Pasta Soup Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb Italian sausage (mild or spicy)
- [ ] 1 onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp tomato paste
- [ ] 6 cups chicken broth
- [ ] 1 can (14 oz) diced tomatoes
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried basil
- [ ] 1 cup ditalini pasta
- [ ] 2 cups fresh spinach
- [ ] Salt and pepper to taste
- [ ] 2 tbsp olive oil

Optional Toppings

- [ ] Grated Parmesan cheese
- [ ] Fresh basil leaves
- [ ] Red pepper flakes
- [ ] A drizzle of olive oil

Instructions

1. Heat olive oil in a large pot over medium heat. Add the sausage, breaking it into small pieces, and cook until browned. Remove the sausage and set aside.
2. In the same pot, add the diced onion and cook until soft, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.
3. Stir in the tomato paste and cook for 1-2 minutes to deepen the flavor. Pour in the chicken broth and diced tomatoes, then add the oregano and basil. Bring to a simmer.
4. Add the pasta and cook according to package instructions until al dente. Stir in the cooked sausage and spinach, cooking just until the spinach wilts.
5. Taste and adjust the seasoning with salt and pepper. Serve hot, topped with grated Parmesan and fresh basil if desired.

Nutrition per serving

380 kcal	20 g	25 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, stir in a splash of heavy cream at the end.
- If you prefer a thicker soup, mash a few of the cooked pasta pieces against the side of the pot to release starch.
- This soup tastes even better the next day as the flavors meld together.