Creamy Italian Sausage Ditalini Soup (White & Silky)



Adapted • Shared by Steve J

Ingredients

• ½ stick salted butter
• 2 tbsp extra virgin olive oil
• ¼ cup celery (diced small)
• ¼ cup carrots (peeled and diced small)
• ½ cup onion (diced)
• 2 tbsp fresh garlic (chopped)
• ½ tsp crushed red pepper flakes
• ½ tsp ground mustard
• ½ tsp dried oregano
• 1 tsp dried basil
• Salt & black pepper (to taste)
• 1 lb bulk Italian sausage
• 3 tbsp all-purpose flour
• 6 cups low-sodium chicken stock
• 1 cup heavy cream
• 1 bay leaf
• 2 cups dry ditalini pasta (uncooked)
• 2 cups baby spinach (roughly chopped)
• ¼ cup fresh parsley (chopped (optional))
• 1 cup grated Pecorino Romano cheese (or Parmesan)
• 1/8 tsp cayenne pepper (optional, to taste)
• Fresh bread (for dipping - mandatory in my house)
• Extra Pecorino or Parmesan
• Fresh parsley

Instructions

1. Build the Flavor Base

2. In a large soup pot, melt butter and olive oil over medium-low heat. Add celery, carrots, and onion. Cook slowly until soft, translucent, and just lightly golden.

3. Add Garlic & Spices

4. Stir in garlic, red pepper flakes, ground mustard, oregano, basil, and a pinch of salt and pepper. Cook for 1-2 minutes until fragrant.

5. Brown the Sausage

6. Add Italian sausage and break it up with a wooden spoon. Cook until fully browned and no longer pink.

7. Create the Roux

8. Sprinkle flour over the sausage and vegetables. Stir well and cook for 2-3 minutes to remove the raw flour taste.

9. Add Broth

10. Pour in chicken stock, cover, and bring to a boil.

11. Finish the Soup Base

12. Uncover and add heavy cream, bay leaf, and dry ditalini pasta. Boil gently, uncovered, stirring often so the pasta doesn't stick.

13. Add Greens & Cheese

14. Once the pasta is tender, stir in spinach, parsley, Pecorino Romano, and cayenne (if using). Let everything melt and combine.

15. Final Touches

16. Taste and adjust salt and pepper as needed. Remove bay leaf before serving.

17. Serve

18. Ladle into bowls, top with extra cheese and parsley, and serve with fresh bread for dipping.

Notes

Source: Melissa Jo Real Recipes
Author: Melissa Jo

One of my most viral soups ever is my Creamy Sicilian Sausage and Ditalini Soup, so I knew I had to give you a creamy Italian version - and let me tell you, this one is next-level. Where the Sicilian version is tomato-based with a creamy finish, this soup is white, silky, rich, and luxurious, with a totally different spice profile that makes it feel brand new but just as comforting.This soup starts with a classic veggie base, builds flavor with Italian spices (don't skip the ground mustard - trust me), and finishes with cream, Pecorino Romano, and tender ditalini cooked right in the broth. It's the kind of soup you serve with fresh bread and eat slowly… or not so slowly because it's that good.If you love a good, cozy Italian soup, you also have to try my Pasta Fagioli, Italian Penicillin Soup, and Sicilian Pastina Soup - they're all reader favorites for a reason.