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This **Creamy Italian Sausage Ditalini Soup with Cannellini Beans** is Italian comfort in a bowl – hearty, rich, and full of flavor. It combines tender ditalini pasta, creamy white beans, savory sausage, and a touch of cream for the perfect weeknight meal.

When times were lean, my mom would make a simpler version of this soup without any meat – just beans, pasta, and vegetables simmered in broth. It was humble, nourishing, and filled with love. Over time, I’ve added Italian sausage and cream for a heartier twist, but the essence of that comforting bowl she made remains the same.

Think of it as a cross between classic *pasta e fagioli* and a creamy Tuscan-style soup – rustic, cozy, ready in just 30 minutes and made in one pan.

# Things to know about this Creamy Italian Sausage Ditalini Soup Recipe

- **Cannellini beans:** These creamy white beans are a classic Italian pantry staple. They add protein, fiber, and a naturally velvety texture that makes the soup satisfying – even without meat. If you're keeping it traditional, mash a few beans with the back of your spoon while simmering to naturally thicken the broth.
- **When times were lean:** Just like my mom did, you can easily skip the sausage and make this as a simple, meatless bean and pasta soup. It's humble, nourishing, and deeply comforting – proof that Italian cooking is about love and resourcefulness, not fancy ingredients.
- **Cooking the pasta:** Ditalini works beautifully because it's small and sturdy, but it can continue to absorb liquid as it sits. If you're planning to store leftovers, cook the pasta separately and add it just before serving to keep the texture perfect.
- **Broth and consistency:** For a thicker soup, reduce the amount of broth slightly or simmer uncovered for a few extra minutes. For a lighter consistency, add more broth or water before serving.
- **Cheese options:** Parmesan gives a savory richness, but you can also stir in a spoonful of ricotta or a sprinkle of pecorino Romano for a sharper bite.

## Variations

- **Vegetarian version:** Omit the sausage and use vegetable broth. Add extra beans or chopped mushrooms for a hearty

texture.

- **Tuscan twist:** Add chopped sun-dried tomatoes, a splash of white wine, and a few fresh basil leaves at the end for brightness.
- **Spicy version:** Use spicy Italian sausage and increase the red pepper flakes for a little kick.
- **Greens galore:** Swap spinach for kale, escarole, or even Swiss chard – whichever you have on hand.
- **Dairy-free:** Skip the cream and add an extra cup of broth; the beans will still make the soup naturally creamy.
- **Rustic style:** Blend half the soup with an immersion blender, then stir it back in – a trick that creates a naturally thick, velvety consistency without losing texture.

Try my Classic Pasta e Fagioli Soup for another hearty bean and pasta dish.

Check out the Creamy Tortellini Soup – a rich and cheesy twist on Italian comfort food.

For a simple weeknight dinner, see my Gnocchi lasagna soup

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## **Creamy Italian Sausage Ditalini**

# Soup Recipe



- 2 tbsp Olive oil
- 1 small onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- $\frac{1}{2}$  pound Italian sausage (mild or spicy), casings removed
- 1 teaspoon Italian seasoning
- 1 teaspoon crushed red pepper flakes (optional)
- 4 cups chicken broth
- 1 cup water (or more for desired consistency)
- 1 cup ditalini pasta
- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (14-ounce) can diced tomatoes
- 1 cup heavy cream (or half-and-half for a lighter option)
- $\frac{1}{2}$  cup grated Parmesan cheese
- 2 cups baby spinach (or chopped kale)
- Salt and black pepper, to taste

## 1. Sauté the vegetables:

Heat olive oil in a large soup pot or Dutch oven over medium heat.

Add onion, carrots, and celery; cook until softened, about 5–7 minutes.

Add garlic and cook 1 minute longer.

## **2. Brown the sausage:**

Add the sausage and cook until browned, breaking it up with a spoon.

Drain any excess fat.

## **3. Add flavor and liquid:**

Stir in Italian seasoning and crushed red pepper flakes.

Add the tomatoes, cannellini beans, chicken broth, and water.

Bring to a gentle boil.

Simmer for 10 minutes

## **4. Cook the pasta:**

Add ditalini pasta and cook until al dente, about 6-8 minutes, stirring occasionally.

## **5. Make it creamy:**

Reduce heat to low.

Stir in the heavy cream, Parmesan cheese, and spinach.

Simmer gently until the spinach wilts and the soup thickens slightly, 2–3 minutes.

## **6. Taste and serve:**

Season with salt and black pepper.

Serve warm with extra Parmesan and crusty Italian bread