

Spicy Italian Sausage cannellini Bean Soup

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There's something about a bowl of soup that instantly feels like home. Growing up, my mom always had a pot of beans simmering on the stove, filling the kitchen with the smell of garlic, herbs, and tomatoes. In my restaurants, we often served comforting Italian classics, but I loved giving them a little twist—like adding spicy sausage to a simple bean soup to give it warmth and depth. This spicy Italian sausage and cannellini bean soup in a rich tomato broth is one of those recipes that's both hearty and approachable. It's perfect for weeknight dinners when you want something satisfying but easy, yet it's fancy enough to serve when friends or family come over. Every spoonful is a reminder of the flavors of my childhood, with a little Italian restaurant flair.

Things to know about this Spicy Italian Sausage cannellini Bean Soup

- I always recommend soaking dried cannellini beans overnight—it makes them cook faster and gives the soup a creamier texture. I remember in my restaurants, we would sometimes slow-cook beans for hours, but soaking first always saved time without sacrificing flavor.
- This soup tastes even better the next day. If you make it ahead, the flavors meld beautifully, just like the soups we served in the restaurant that kept customers

coming back.

- For a slightly thicker, creamier soup, mash a few beans against the side of the pot before serving. It's a trick I picked up from my mother-in-law's kitchen—simple but adds so much texture.
- Don't forget a drizzle of high-quality olive oil and a sprinkle of fresh parsley before serving—it adds brightness and a restaurant-style finish.

▪ **Variations**

- **Greens for color and nutrition:** Stir in chopped kale, spinach, or escarole at the end for extra color and vitamins. I often did this in my restaurants to make the soup feel fresh and seasonal.
- **Extra heat:** Add more crushed red pepper flakes or a pinch of cayenne if you love spicy food. A little kick makes it cozy on cold evenings.
- **Hearty version:** Toss in small pasta shapes like ditalini or orzo to turn the soup into a filling one-pot meal. Perfect for serving hungry friends or family.
- **Cheese finish:** Top each bowl with shaved Parmigiano-Reggiano for richness and a touch of Italian elegance. In my restaurants, this always felt like the finishing touch that made customers smile.
- **Broth twist:** For a deeper flavor, simmer the soup with a splash of white wine before adding the tomatoes—a trick I learned from years of playing with flavors in my kitchen.
- Love hearty Italian soups? Try my Italian escarole and beans with sausage for another comforting classic, or warm up with creamy sausage tortellini soup for a rich, flavorful meal.

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Servings: 6–8

Cook Time: 2 hours (includes soaking and simmering)

Prep Time: 20 minutes

Ingredients

- 1 $\frac{1}{2}$ cups dried cannellini beans (soaked overnight, drained)
- 1 lb spicy Italian sausage, casings removed
- 1 medium onion, finely chopped
- 2 celery stalks, finely chopped
- 2 carrots, finely chopped
- 3 cloves garlic, minced
- 2 (14 oz) cans crushed tomatoes
- 4 cups chicken or vegetable broth
- 2 cups water (plus more as needed)
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp crushed red pepper flakes (optional, adjust to taste)
- Salt and black pepper, to taste

- 2 tbsp olive oil
- Fresh parsley, chopped (for garnish)

Instructions

1. **Prep the beans:** Soak dried cannellini beans overnight in plenty of water. Drain and rinse before using.
2. **Cook the sausage:** In a large pot or Dutch oven, heat 1 tbsp olive oil over medium heat. Add sausage, breaking it into bite-sized pieces, and cook until browned. Remove sausage and set aside.
3. **Make the soffritto:** In the same pot, add remaining olive oil. Sauté onions, celery, and carrots until softened, about 5–7 minutes. Add garlic and cook 1 minute more.
4. **Combine ingredients:** Return sausage to the pot. Add crushed tomatoes, soaked beans, broth, water, oregano, thyme, and red pepper flakes. Stir to combine.
5. **Simmer:** Bring soup to a boil, then reduce heat to low. Cover and simmer gently for 1 $\frac{1}{2}$ to 2 hours, or until beans are tender. Stir occasionally and add more water or broth if needed to reach your desired consistency.
6. **Season:** Taste and adjust salt and pepper as needed.
7. **Serve:** Ladle into bowls and garnish with chopped parsley and a drizzle of olive oil. Top with grated Parmigiano-Reggiano if desired.