



REAL BALANCED · TONIGHT'S DINNER

## creamy italian sausage soup

PREP 10 MIN · COOK 20 MIN · TOTAL 30 MIN · SERVES 8 · 5★ (9 reviews)

Creamy Italian Sausage Soup is a one-pot meal for 8, ready in 30 minutes — browned sausage, cream cheese, and tomatoes in a rich, savory broth.

### INGREDIENTS

- ☐ 2 tablespoons avocado oil
- ☐ ½ medium-sized white onion, chopped
- ☐ 1 pound ground mild Italian sausage
- ☐ 1 cup chicken broth
- ☐ 6 ounces cream cheese, softened
- ☐ 14.5-ounce can petite diced tomatoes
- ☐ 10.75-ounce can pureed tomatoes
- ☐ 2 teaspoons garlic powder
- ☐ 1 ½ teaspoon Italian seasoning
- ☐ ¼ teaspoon salt
- ☐ ⅓ teaspoon pepper
- ☐ 1 ¼ cup heavy whipping cream
- ☐ ¼ cup shredded Parmesan cheese
- ☐ Shredded Parmesan cheese
- ☐ Finely chopped fresh parsley

### MAKE IT

1. **Cook Onion:** In a pot over medium-high heat, heat avocado oil. Add onion and cook until slightly softened and edges are golden, about 2-3 minutes, stirring occasionally.
2. **Cook Sausage Then Stir In Ingredients:** Add sausage and, using a wooden spoon, break apart into pieces. Cook until browned, stirring often. Add in chicken broth, cream cheese, diced tomatoes, pureed tomatoes, and spices and stir to combine.
3. **Simmer Soup:** Reduce stovetop heat to medium, cover pot with a lid, and simmer soup for 12 minutes, stirring occasionally.
4. **Stir In Cream And Parmesan:** Stir in heavy cream and shredded Parmesan and cook, uncovered, for additional 3 minutes.
5. **Serve:** Ladle soup into bowls and garnish with sprinkle of shredded Parmesan and fresh parsley.

PER SERVING   410 calories   14 g protein   10 g carbs   2 g fiber   35 g fat   1005 mg sodium

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