

Creamy Sausage & White Bean Soup

Browned spicy sausage, a blended mirepoix base, and cream cheese stirred in at the end.

RECIPE DEVELOPED BY LUKE SOHL



SERVES

8

PREP

30 min

COOK

1½ hr

TOTAL

About 2 hr

REMEMBER

Cooking isn't copy and paste. Treat the timings and measurements here as guidelines, and let sight, smell, taste, and texture tell you when to adjust.

Ingredients

SAUSAGE

2 lb Spicy Italian sausage
Or 1 lb spicy Italian plus 1 lb milder spiced sausage for less heat

2 tbsp Oregano

1-2 tbsp Crushed red pepper

MIREPOIX & AROMATICS

3 Celery stalks, finely chopped

3 Carrots, finely chopped

1 White onion, finely chopped

3 Garlic cloves, minced

SOUP

2 qt Reduced-sodium chicken stock
Two 32 oz cartons. Reduced sodium in case the sausage is salty

1 Can (15 oz) reduced-sodium chicken stock
For cooking the pasta

2 cups Dried ditalini

2 Cans (15 oz each) cannellini, navy, or great northern beans
Drained and rinsed

2 Bay leaves

Method

1

Start the sausage

Heat a large Dutch oven over medium-high heat.

Add the sausage in an even layer and season the top with the oregano and crushed red pepper.

2

Brown, don't cook through

After 1 minute, flip the sausage in large sections to avoid breaking it up.

Brown the underside and render the fat without cooking the sausage through.

3

Set the sausage aside

Transfer the sausage to a holding dish with a slotted spoon, leaving the fat in the pot.

4

Sweat the mirepoix

Add the mirepoix to the rendered fat and season lightly with salt and pepper.

Cook over medium heat until completely soft, adding a splash of stock as needed to prevent sticking.

Add the garlic for the final 3 minutes and cook until fragrant.

5

Add stock and blend

Add the remaining stock and bring to a simmer.

Blend with an immersion blender until smooth, then skim the froth from the surface.

6

Add beans and sausage, then boil

Add the beans, browned sausage, and any juices from the holding dish.

Add the bay leaves and bring to a boil, skimming the froth.

TO FINISH

8 oz	Cream cheese, softened
1 cup	Fresh parsley, chopped
2 tsp	Paprika
$\frac{1}{8}$ tsp	Allspice
$\frac{1}{8}$ tsp	Ground cloves
1-2 tbsp	Crushed red pepper Adjust to your preferred heat
To taste	Salt and black pepper

TOOLS

Large Dutch oven
The whole soup cooks in this one pot

Immersion blender
Blends the mirepoix base right in the pot

Slotted spoon
For lifting the browned sausage out of the fat

Holding dish
Where the sausage rests while the base cooks

7

Simmer and reduce

Reduce the heat to medium-low and simmer until the soup has reduced by about 20%.

Skim periodically and break the sausage into bite-size pieces as it softens.

8

Add the ditalini

Add the dried ditalini and the can of stock.

Simmer, stirring often, until the pasta is just shy of al dente.

9

Add cream cheese, parsley, and spices

Stir in the cream cheese, parsley, paprika, allspice, cloves, and additional crushed red pepper until the cream cheese has fully melted.

10

Final simmer

Simmer for 5 to 10 more minutes, until the pasta is tender.

Adjust the seasoning, adding a splash of stock or water if the soup is too thick.

Remove the bay leaves before serving.