

Italian Sausage Potato Soup with Carrots & Spinach



Ingredients:

- 1 lb Italian sausage, crumbled
- 4 medium potatoes, peeled and diced
- 2 carrots, peeled and sliced
- 2 cups of fresh spinach, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 6 cups of chicken broth
- 1 cup heavy cream
- 1 tsp dried thyme
- 1/2 tsp red pepper flakes (optional)
- Salt and pepper to taste
- 2 tbsp olive oil

Prep Time: 10 min | Cooking Time: 30 min

Instructions:

In a large pot, heat olive oil over medium heat. Add the crumbled Italian sausage and cook until browned, breaking it apart as it cooks.

Once the sausage is browned, add the chopped onion and minced garlic to the pot. Cook for 3-4 minutes until the onion becomes soft and translucent.

Add the diced potatoes, sliced carrots, chicken broth, thyme, and red pepper flakes (if using) to the pot. Bring everything to a boil.

Reduce heat and let it simmer for about 20 minutes or until the potatoes and carrots are tender.

Stir in the fresh spinach and heavy cream. Simmer for another 5 minutes, then season with salt and pepper to taste.

Serve hot and enjoy!