

# CREAMY SAUSAGE & MUSHROOM SOUP

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COOK TIME: 35mins

SERVES: 4

CALORIES: 693 kcal (PER SERVING)

## INGREDIENTS

450 g/1 pound mild or hot Italian sausage,  
casings removed  
250 g/9 oz shiitake mushrooms, cremini or  
brown button mushrooms  
150 g/5.5 oz cream cheese, I used Boursin  
2 medium carrots, grated  
1 can (400 g/15 oz) chickpeas, drained  
3 tbsp olive oil  
1 small onion, finely chopped  
4 garlic cloves, minced  
1 L/4 cups chicken broth  
250 ml/1 cup whole milk  
2 tbsp flour  
1 tbsp lemon juice  
spices: 1 tsp each: dried oregano, dried sage,  
dried thyme, black pepper  
1/2 tsp crushed chili pepper flakes, more for  
serving  
1 tbsp low sodium soy sauce  
1 bay leaf  
150 g/5.5 oz pasta noodles, I used vesuvio  
fresh thyme, for serving (optional)

## DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, finely chop the onion, grate the carrots and tear the shiitakes into smaller pieces. Remove the casings from your sausage.

Heat 2 tbsp olive oil in a large pot over medium. Add sausage, break up the meat into small pieces with a wooden spoon, and cook until browned and no longer pink, 5 minutes. Remove from pot.

Add shiitake mushrooms to the same pot. Cook until they start to release some moisture, about 3-5 minutes. Add the remaining olive oil and cook until they start to brown. Add garlic and onion, cook until fragrant, about 2 minutes. Stir in spices and flour. Pour in chicken broth, stir the brown bits from the bottom of the skillet with a wooden spoon. Bring to a boil, then add soy sauce, carrots and bay leaf. Simmer for 5 minutes.

Meanwhile, bring a large pot of salted water to a boil. Cook the pasta noodles until al dente, drain.

Add sausage, chickpeas and milk to the broth. Bring to a boil and simmer for 5 minutes more. Next add cream cheese, stir until combined. Finally, finish off with lemon juice, extra black pepper, chili flakes and fresh thyme.

Divide the noodles into deep bowls and ladle the soup over top. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.