

Choco Fever Dream

Creamy Parmesan Beef Sausage Soup

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced
- [ ] 4 cups low-sodium chicken stock
- [ ] 1 cup heavy cream
- [ ] 1/2 cup freshly grated Parmesan cheese
- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp dried thyme
- [ ] Fresh parsley, chopped (for garnish)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat. Add the sliced beef sausage and brown it, stirring occasionally, until it develops a deep caramel color, about 5 minutes.
2. Add the diced onion and minced garlic to the pot. Sauté until softened and fragrant, about 3 minutes.
3. Stir in the dried thyme, then pour in the chicken stock. Bring the mixture to a gentle simmer, letting the flavors meld for 10 minutes.
4. Reduce heat to low. Whisk in the heavy cream and grated Parmesan until the soup becomes smooth and velvety. Season with salt and pepper, and let it heat through without boiling.
5. Serve hot, sprinkled with fresh parsley and an extra pinch of Parmesan if desired.

Nutrition per serving

420 kcal	30 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the broth at a gentle simmer; a rolling boil can cause the cheese to separate.
- If the soup becomes too thick, thin it with a little extra stock or warm water.
- For added depth, deglaze the pot with a splash of white wine after browning the sausage (optional).