

Chicken Gnocchi Soup



Ingredients

- 3 Tbsp butter
- 1 cup diced yellow onion
- 3 cups shredded carrot
- 1 cup sliced celery
- 6 tsp minced garlic
- 2 tsp salt
- 2 tsp Italian seasoning
- ¾ tsp thyme
- ¾ tsp pepper
- ¼ tsp paprika
- 7 ½ cups chicken stock
- 2 cups whole milk
- 1/3 cup flour
- 1 cup heavy cream
- 3 cups shredded chicken
- 1 cup chopped fresh spinach
- 3 cups gnocchi

Utensils

- Cutting board and knife
- Cheese grater or food processor
- Large pot
- Measuring cups and spoons
- Whisk
- Spatula
- Pot holders



Recipe Instructions

Step 1: Prep

Prep your cutting station by laying a damp cloth down and placing your cutting board on top.

Chop spinach, celery, and onion. Shred carrots using a cheese grater or food processor.

Step 2: Sauté

Melt butter in pot over medium heat. Add carrots, celery, onion, and garlic to the pot and sauté until tender.

As your veggies are cooking, add in salt, Italian seasoning, thyme, pepper, and paprika.

Step 3: Milk & Cream

Once veggies are tender add chicken stock.

Measure milk and pour in a bowl along with flour. Whisk to combine. Add the milk/flour mixture to the pot.

Add heavy cream to the pot.

Step 4: Simmer

Add chicken to the pot.

You may turn up to a medium high heat but *not any higher*.

We want to bring it to a simmer, but not a boil. Keep an eye on the soup so that it does not boil over. Cream soups will boil over very quickly!

Step 5: Gnocchi

If your gnocchi are frozen, add them to the pot now to defrost in the soup. If they are refrigerated, add them last to ensure they don't become mushy.

Step 6: Finish & Enjoy!

Once your soup has heated up to a simmer, you may turn off. Add spinach and stir to combine.

Allow soup to cool a few minutes and enjoy! This soup is super yummy with some parmesan cheese on top!



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Kitchen Safety Tips:

- Make sure to use pot holder when touching pots on the stove.
- Turn the stove off as soon as you are done using it.