

Chicken Gnocchi Soup

Rich and creamy Chicken Gnocchi Soup with tender potato gnocchi, shredded chicken, and fresh vegetables. Restaurant-quality comfort food in 40 minutes.

15	25	40	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Chicken Gnocchi Soup

Ingredients

- 1 lb chicken meat
- 4 cup chicken broth
- 1 cup flour
- 1 cup spinach
- 1 cup celery
- 1 cup carrot
- 1 onion
- 2 clove garlic
- 1 tbsp unsalted butter
- 1 tbsp olive oil
- 1 cup milk
- 1 tbsp corn starch
- 1 bay leaf
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- 1 cup parmesan cheese

Instructions

- 1 Prepare the vegetables**

Dice 1 medium onion, 2 medium carrots, and 2 celery stalks into ¼-inch pieces. Mince 2 cloves garlic.
- 2 Cook the base**

Heat 1 tablespoon olive oil and 1 tablespoon butter in a large Dutch oven over medium heat (175°C/350°F). Add the diced onion, carrots, and celery. Cook for 5-6 minutes, stirring occasionally, until the onion is soft and translucent.
- 3** Add the minced garlic and cook for 1 minute until fragrant. Sprinkle 1 tablespoon flour over the vegetables and stir constantly for 1 minute until the flour is absorbed and lightly toasted.

- 4 **Build the soup**
Gradually whisk in 4 cups chicken broth, scraping up any browned bits from the bottom of the pot. Add 1 pound cooked chicken (diced), 1 bay leaf, 1 teaspoon dried thyme, 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon garlic powder.
- 5 Bring the soup to a boil over medium-high heat, then reduce heat to medium-low. Simmer for 10-12 minutes until the vegetables are tender and the flavors have melded.
- 6 **Add gnocchi and cream**
Add 1 cup gnocchi to the soup and simmer for 4-5 minutes until the gnocchi float to the surface and are tender. Stir in 1 cup heavy cream and heat through for 2 minutes.
- 7 Remove the bay leaf and taste for seasoning, adjusting salt and pepper as needed. Serve immediately while hot.

Tips

Use boneless, skinless chicken thighs instead of breasts for more flavor and juiciness. The extra fat content keeps the meat tender even if slightly overcooked.

Cook the flour for a full minute to eliminate the raw flour taste and ensure proper thickening. The mixture should smell nutty and toasted when ready.

Whisk the cornstarch and milk mixture thoroughly to prevent lumps. Strain it through a fine mesh sieve if needed for ultimate smoothness.

Add the gnocchi during the last 5-6 minutes of cooking to prevent them from becoming mushy or falling apart in the soup.

Keep the heat at medium-low once you add the dairy to prevent curdling. If the soup does break, remove from heat and whisk in a tablespoon of cold milk.

Fresh spinach works better than frozen, which can make the soup watery. Add the spinach leaves whole and let them wilt naturally in the hot soup.

Taste and adjust seasonings at the end, as the flavors concentrate during cooking. The soup should be well-seasoned but not salty.

For make-ahead prep, cook the vegetables and chicken base earlier in the day, then add gnocchi and dairy when ready to serve.