



# Chicken *and* Gnocchi Soup

*Thick, rich and creamy this chicken and gnocchi soup is one of my favorite comfort meals. It is so easy to prepare and on par with the Olive Garden recipe.*

## INGREDIENTS

- 2 Tbs. olive oil
- ½ lb. chicken breast
- 1 cup onion, finely diced
- 1 lb. potato gnocchi
- 2 garlic cloves, minced
- 4 Tbs. butter
- 4 Tbs. flour
- 2 cups half and half
- 2 cups skim milk
- 1 cup carrots, finely shredded
- ½ cup celery, finely diced
- 1 14 ounce can low-sodium chicken broth
- 1 cup fresh spinach, coarsely chopped
- ½ tsp. thyme
- ½ tsp. parsley
- Grated parmesan cheese

## \* NOTES

Recipe from *My Boyfriend Dated a Chef*.

*Look for gnocchi (potato dumplings) in the fresh pasta section of your supermarket or in vacuum-packed packages in the dried pasta section.*

## PREPARATION

In a small nonstick skillet, heat 1 tablespoon of olive oil over medium-high. Cook the chicken, until browned and cooked through. Transfer chicken to a plate. Set aside.

Cook gnocchi according to package directions.

In a large nonstick saucepan, sauté the onion and garlic in butter over medium-high. When the onion becomes translucent, add the flour. Allow to cook for 1 minute.

Add half and half, skim milk, carrots, celery, and chicken. Once the soup starts to thicken, add the chicken broth. Once the soup thickens again, add the cooked gnocchi, spinach, 1 tablespoon olive oil, thyme and parsley. Allow to simmer for 4-5 minutes.

Serve immediately with grated parmesan cheese.

**SERVES 8 - 10.**

## COOKS NOTES