

Chicken Gnocchi Soup

Serves Six



Soup Ingredients

2 tablespoons extra virgin olive oil, divided
2 large chicken breasts, bone-in, skin on
1 teaspoon smoked paprika
1 teaspoon oregano
1 teaspoon garlic powder
½ teaspoon kosher salt
¼ teaspoon black pepper

2 medium carrots, thinly sliced
2 large stalks of celery, thinly sliced
1 medium onion, chopped
4 cloves garlic, minced
12 ounces mushrooms, diced
½ cup sun dried tomatoes, thinly sliced
2 tablespoons tomato paste
1 teaspoon Italian seasoning
5 cups low-sodium chicken stock
1 pound gnocchi
½ cup half and half
1 cup spinach leaves, roughly chopped

To Serve

Top with parmesan cheese

Steps

1. Preheat oven to 400°F. Dry the chicken pieces and place in a shallow baking pan. Rub the chicken with 2 tablespoons olive oil, paprika, oregano, garlic powder, salt and pepper. Roast the chicken for 20-ish minutes or until the internal temperature reaches 165°F. Allow to cool before removing the skin and shredding the meat from the bones. Reserve any liquid from the pan to add to the soup.
2. In a soup pot add 1 tablespoon olive oil and heat on high. Once hot, add the carrots, celery, onion and garlic. Saute until the veggies are softer and the onions are translucent. Add the mushrooms and sun-dried tomatoes and continue sauteing until the mushrooms are browning. Add the tomato paste, Italian seasoning, and the chicken stock. Bring mixture up to a simmer. Taste for seasoning. You may need to add more salt and pepper. Add the shredded chicken and any reserved juice from the pan. Once the mixture has simmered for 15 minutes, add the gnocchi and cook for 3 minutes or until the gnocchi is softened. Add the spinach and cook for a few minutes more.
3. Serve hot and top with parmesan cheese.