

Recipe Chicken Gnocchi Soup

By Joseph Parish



Whenever I decide to go out to eat, I usually have a good number of fine restaurants to choose from. One of my favorite places is the Olive Garden for that special meal out. Once seated I will usually purchase the Soup and Salad selection. Granted, I could make a salad at home, but it simply does not taste the same. When asked which soup, I desired it is usually the Chicken Gnocchi. My wife and I enjoy this soup so much, that we decided that it should be made in our own kitchen for those times we wish to eat at home.

Gnocchi is a type of pasta or dumpling originating in Italy and is generally made from potatoes. As with most Italian dishes the content may vary from region to region. When purchased in the supermarket, they can be found dried, frozen or refrigerated. Historically, the gnocchi were introduced to the world by the Roman legions as the empire expanded into conquered countries, although the use of potatoes in its composition is of recent origin around the 16th century.

Now that you have a brief idea of where Gnocchi came from and what it is let's use this Italian creation to fashion a fantastic meal. This particular version of chicken gnocchi soup takes approximately one-half hour to prepare and most people readily admit that it tastes just like Olive Garden's soup. The soup is especially good on those cool evenings of winter. The recipe shown will make enough of this tasty soup to provide eight servings or 2 quarts.

Ingredients

- 1 pound of boneless chicken breasts, sliced into 1/2-inch pieces
- 1/3 cup of butter
- 1 medium shredded carrot
- 1 stalk of chopped celery
- 2 minced garlic cloves
- 1 small chopped onion
- 1/3 cup of all-purpose flour
- 32 Oz of chicken broth
- 1 tsp nutmeg
- 2 cups of heavy whipping cream
- 1/4 teaspoon of black pepper
- 1 16 Oz package of potato gnocchi (found in the pasta or the frozen food section)
- 1/2 cup of chopped spinach

Directions

In a large pot, brown the chicken breasts in two tablespoons butter. Remove the chicken. With the remaining butter, in the same pan, sauté the carrots, celery, garlic and onions until tender. Whisk in flour into the pot until well blended; gradually stir in the chicken broth, nutmeg, the cream, and add the pepper. Bring the mixture to a boil and reduce the heat. Cook and stir until thick, which should be about two minutes.

Now add the gnocchi and spinach and continue to cook for another 4 minutes. Finally, add the chicken, cover and simmer for ten minutes. Do not boil. It could be served with a dash of Asiago cheese on top. Finally, pull up a chair and enjoy your home cooked gnocchi soup.