

Creamy Gnocchi Soup

A vegetarian version of an Olive Garden favorite
Sunny C



Ingredients

- 4 cups vegetable broth, divided
- 1 qt half-and-half
- 16 oz ready-to-use gnocchi
- $\frac{3}{4}$ cup textured vegetable protein
- 2 cups kale, chopped
- 1 cup carrots, shredded
- 1 medium yellow onion, finely diced
- 2 stalks celery, finely diced
- 4 garlic cloves, minced
- $\frac{1}{2}$ teas dried thyme
- $\frac{1}{2}$ teas dried parsley flakes
- $\frac{1}{4}$ teas ground nutmeg
- 1 cube vegetable bouillon
- 4 tbs butter
- $\frac{1}{4}$ cup (30 grams) all-purpose flour

Directions

1. Warm $\frac{3}{4}$ cup vegetable broth in small saucepan. Add textured vegetable protein and let sit until TVP is reconstituted.
2. Melt butter in large stock pot. Sauté onion, celery, and garlic until onion is translucent.
3. Add flour and cook for about 1 minute, whisking constantly.
4. Slowly add half and half, whisking continuously until thickened, then repeat with vegetable broth.
5. Add spices, whisking to combine, then add remaining ingredients and cook until carrots and kale are tender and gnocchi and veggie protein are warmed through.