

# Tuscan Creamy Gnocchi Soup

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**MAKES: 5 SERVINGS**

**PREP TIME: 15 MINUTES**

**COOK TIME: 20 MINUTES (A BIT FASTER WITH IP)**

**TOTAL TIME: 35 MINUTES**

<b>2 tbsp. broth or water, to sauté</b>	<b>1 lb. potato gnocchi (such as DeLallo brand)</b>
<b>1 med. yellow onion, finely chopped</b>	<b>1 (15-oz.) can GN Beans (or any “white” bean), rinsed, drained</b>
<b>2 lg. carrots, finely chopped</b>	<b>4 c. lacinato kale, stemmed, roughly chopped</b>
<b>2 ribs celery, finely chopped</b>	<b>1 tsp. coarse Kosher salt</b>
<b>4 garlic cloves, minced</b>	<b>½ tsp. cracked black pepper</b>
<b>2 tsp. dried thyme</b>	<b>1-2 tbsp. finely chopped fresh rosemary (I use 2 sprigs)</b>
<b>1 tsp. fennel seeds, crushed (or 1 tsp. ground fennel)</b>	<b>1 tbsp. fresh lemon juice (about ½ a lemon)</b>
<b>½ tsp. crushed red pepper flakes</b>	<b>3 tbsp. non-dairy parmesan cheese, plus more for garnish (I make my own parm using nutritional yeast and cashews (recipe found in my cookbook))</b>
<b>¼ c. whole wheat flour (GF -you could use rice flour)</b>	
<b>4 c. vegetable or faux chik’n broth</b>	
<b>2 c. unsweetened nondairy milk (I use almond)</b>	

- Heat broth in a large stockpot or Dutch oven over medium-high heat. ([See IP directions below](#)) Once hot, add onion, carrots, and celery; cook 8 minutes, or until soft. Stir in garlic, thyme, fennel seed, and red pepper flakes; cook 2 minutes, until aromatic.
- Stir in flour and cook for 1 to 2 minutes to remove the raw flour taste. Add broth and milk; stir well to loosen up any browned bits stuck to the bottom of the pot. Bring mixture to a boil.
- Once boiling, add the gnocchi, white beans, kale, salt, and pepper; adjust heat to simmer the soup for 5 to 7 minutes, or until gnocchi is tender.
- Stir in fresh rosemary, lemon juice, and non-dairy Parmesan cheese. Taste and adjust seasonings as needed. Ladle soup into bowls, and garnish with extra non-dairy Parmesan and cracked black pepper, if desired.

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### ***RECIPE NOTES:***

***To Store:*** Refrigerate leftover soup in an airtight storage container for up to 4 days.

***To Reheat:*** Gently reheat soup in a pot on the stovetop over medium heat, adding a splash of broth or water as needed to thin the soup. You can also reheat individual portions in the microwave, stopping to stir every 30 seconds for more even heating.

***To Freeze:*** Freeze in an airtight freezer-safe storage container for up to 3 months. Let thaw overnight in the refrigerator before reheating.

### **Nutrition (for vegan recipe)**

Serving: 1.5 c. | Fat: 4.8 | Saturated Fat 0.4 | Carbs 122.1 | Fiber 8 | Sugars 3.5 | **Protein 24.8** | Vitamin A 208% | Vitamin C 99% | Calcium 33% | Iron 25%

### **Instant Pot:**

Once preheated on sauté setting (med. setting), add your fine dice veggies (not garlic yet) and sauté for 8 minutes or until the veggies are softened. (add broth at the start or add broth as they begin to stick) Stir in garlic, thyme, fennel seed, and red pepper flakes; cook 2 minutes, until aromatic. Stir in flour and cook for 1 to 2 minutes to remove the raw flour taste. Add broth and milk; stir well to loosen up any browned bits stuck to the bottom of the pot. Add the gnocchi, white beans, kale, salt, and pepper; turn off IP, put on the lid, and seal pot. Press manual setting for 1 minute and when the timer goes off, do a quick release with a towel over the valve. Follow the directions above for the additional ingredients.