

Creamy Gnocchi Soup

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 1 yellow onion, chopped
- ✓ 6 carrots, chopped
- ✓ 4 celery stalks, chopped
- ✓ 2 tbsp minced garlic
- ✓ 2 tbsp thyme
- ✓ 2 tsp rosemary
- ✓ 1 tbsp basil
- ✓ 2 tsp fennel seeds
- ✓ 1 pinch red pepper flakes
- ✓ 2 tbsp butter
- ✓ 2 tbsp flour
- ✓ 6 cups vegetable broth
- ✓ 4-6 cups chopped kale
- ✓ 1 can coconut milk
- ✓ ½ cup parmesan
- ✓ 1 lb gnocchi



Total Time: 50 minutes Servings: 4

Directions:

1. Heat olive oil in a large pot or Dutch oven. Add onion and cook until golden brown, about 5 minutes. Add carrots, celery, garlic, thyme, rosemary, basil, fennel seeds, crushed red pepper flakes, and a pinch of salt and pepper. Cook for 5 minutes until fragrant.
2. Stir in butter and flour. Cook 1 minute. Add vegetable broth and simmer over medium heat for 20 minutes.
3. Stir in kale, coconut milk, parmesan, and gnocchi. Cook for 10 minutes.