



CHICKEN AND GNOCCHI SOUP

Makes 6 Servings

INGREDIENTS

- ¼ cup olive oil or butter
- 3 stalks celery, diced
- 2 carrots, peeled and diced
- ½ yellow onion, diced
- 1 leek, green and white parts thinly sliced
- ½ lb asparagus, trimmed and cut into quarters
- ½ lb shiitake mushrooms, stems removed and thinly sliced
- 1 jalapeño, minced
- 6 cloves garlic, peeled and thinly sliced
- 1 tsp smoked paprika
- 1 tsp dried thyme
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp mustard powder
- ¼ tsp red pepper flakes
- Salt and pepper to taste
- ½ cup dry white wine
- 1 lb boneless skinless chicken breast
- 2 (32 oz) cartons chicken broth
- ½ bunch flat leaf parsley, finely chopped
- 3 tbsp fresh sage, chiffonade
- 12 oz package of gnocchi (we used Cappello's)
- Nutritional yeast, to taste
- Karam's Garlic Sauce, to taste
- 1 lemon, cut into wedges

DIRECTIONS

1. In a large, heavy bottomed pot, heat olive oil or butter over medium heat. Sauté celery, carrots, and yellow onions for about 7 minutes. Add leek, asparagus, shiitake mushrooms, and jalapeno, cook for another 5 minutes. Stir in garlic and cook for another minute.
2. Stir in paprika, thyme, garlic powder, onion powder, mustard powder, red pepper flakes, salt, and pepper to taste. Add wine, the whole chicken breast, and broth. Bring to a boil and reduce heat to medium low. Cover and simmer for 20 minutes.
3. Remove the cooked chicken from the soup and shred with 2 forks. Return to the pot along with half of the parsley, all of the sage, nutritional yeast, a squirt of Karam's Garlic Sauce, and the package of gnocchi. Bring to a boil and reduce heat once again to a simmer. Cook for about 5 minutes, or until gnocchi is done. Serve with the remaining fresh parsley and a squeeze of lemon.