

Treasure Barrel

Olive Garden Chicken Gnocchi Soup Copycat

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

The Base

- [ ] 1 tablespoon olive oil
- [ ] 1 cup diced carrots
- [ ] 1 cup diced celery
- [ ] 1 cup diced onion
- [ ] 3 cloves garlic, minced

The Hearty Mix

- [ ] 4 cups low-sodium chicken broth
- [ ] 2 cups shredded cooked chicken breast
- [ ] 1 cup frozen peas
- [ ] 1 cup fresh spinach
- [ ] 1 cup pasta-style chicken gnocchi
- [ ] 1 teaspoon dried Italian seasoning

The Finishing Touches

- [ ] ½ cup heavy cream
- [ ] 1 tablespoon lemon juice
- [ ] Salt and pepper to taste
- [ ] 1 tablespoon grated Parmesan (optional garnish)

Instructions

1. Start by heating your 1 tablespoon olive oil in a medium saucepan over medium heat. Toss in the 1 cup diced carrots, 1 cup diced celery, and 1 cup diced onion. Sauté them slowly until they begin to soften—usually takes about 5 minutes. It's a lovely, fragrant start to the meal.

2. Stir in the 3 cloves garlic, minced. Just give it about 30 seconds until it smells wonderful, but be careful not to let it brown too much.

3. Pour in the 4 cups low-sodium chicken broth. Crank up the heat just a bit to bring it to a gentle boil, then dial it back down to a simmer. Let it get cozy.

4. Now, stir in the 2 cups shredded cooked chicken breast, 1 cup frozen peas, 1 cup fresh spinach, 1 teaspoon dried Italian seasoning, and a pinch of salt and pepper. Let it simmer for 3-4 minutes. You'll see the spinach wilt and the peas soften up beautifully.

5. Introduce the 1 cup pasta-style chicken gnocchi to the pot. Cook them for about 2-3 minutes. Once they float to the surface and feel tender, they're just right.

6. Stir in the ½ cup heavy cream and 1 tablespoon lemon juice. This is where it gets creamy. Taste it and adjust your salt and pepper if you feel it needs a little more. Let it simmer for one last minute to meld all those flavors together.

7. Remove the pot from the heat. Ladle the soup into bowls and, if you like, sprinkle with 1 tablespoon grated Parmesan. Serve it while it's hot.

8. Enjoy! Honestly, there's nothing better than a bowl of this.

Nutrition per serving

410 kcal	24 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the heat at a gentle simmer; a rolling boil can make the gnocchi too mushy.
- The lemon juice at the end is key for cutting through the richness of the cream.
- Using pre-cooked chicken is a real lifesaver for a quick weeknight dinner.