

Food Freedom Chicken Sausage Gnocchi Soup

One of my all time favorite soups is the Chicken Gnocchi Soup at Olive Garden. But it is chock full of salt and heavy cream! This is an easy weeknight meal version you can whip up in no time and is just as satisfying as the real thing. Thanks to Nutpods even without the dairy it comes out so dreamy and creamy...trust me. Although the ingredients are all technically Whole30 compliant this is a SWYPO (google it) because the cauliflower gnocchi are posing as the real thing which could lead to cravings and cheats during a formal Whole30 round.

Serves 4

Ingredients:

2 tbs olive oil
1 onion, diced
2 cloves garlic, minced
1 package gluten free pre-cooked Italian chicken sausage
1 cup shredded carrots
1 lemon, juiced
1/2 tsp dried basil
1/2 tsp dried oregano
1/2 tsp salt
1/2 tsp pepper
5 cups chicken broth
2-3 cups kale, chopped
1 cup Nutpods original creamer
1 package Cauliflower Gnocchi from Trader Joes



Directions:

1. Sauté diced onion in 1 tablespoon olive oil over medium heat for 2-3 minutes until slightly browned in a heavy bottomed soup pot. Add minced garlic and shredded carrot and sauté for another minute or two.
2. Cut sausage into pieces and add to pot. Sauté until slightly browned.
3. Add oregano, basil, salt and pepper, lemon juice and chicken stock.
4. Simmer on medium low heat for 7-10 minutes.
5. While the soup cooks, sauté the frozen cauliflower gnocchi in 1 tablespoon olive oil until brown and crispy (don't read the cooking instructions on the back of the package as the gnocchi will come out mushy).
6. Turn heat off and add chopped kale and Nutpods, stirring until kale is wilted.
7. Lastly add in your cooked gnocchi and enjoy!