

Gnocchi Spinach and Meatball Soup

Jacob · 30/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

10

Description

This gnocchi spinach soup is one of those dishes ideal for warming the soul on a winter day. This is similar to an Italian wedding soup but creamy with meatballs and potato gnocchi. I make my own chicken stock and meatballs but you can use storebought.

Ingredients

- - 2 tablespoons olive oil
- or as needed - 1 large yellow onion
- diced - 4 cloves garlic
- minced - 4 (32 ounce) cans low-sodium chicken broth - 1 large bay leaf - 2 teaspoons Italian seasoning - ½ teaspoon sea salt - ¼ teaspoon ground black pepper - 2 (17.5 ounce) packages potato gnocchi - 2 cups thinly sliced escarole - 1 carrot
- shredded - 1 cup half-and-half - 6 ounces fresh baby spinach leaves - 2 tablespoons minced fresh basil or Italian parsley - ¼ cup freshly grated Parmesan cheese
- or more as needed for serving - 1 ¼ pounds ground beef - 1 large egg
- beaten - ¼ cup Italian seasoned bread crumbs - 2 tablespoons Parmesan cheese
- grated - 1 teaspoon onion powder - 1 teaspoon Italian seasoning - 1 teaspoon Worcestershire sauce - ¾ teaspoon garlic salt - ¼ teaspoon black pepper

Instructions

1. Heat olive oil in a large pot over medium-low heat and sauté onion in hot oil until soft and translucent
2. about 5 minutes. Add garlic; cook and stir until fragrant
3. about 30 seconds. Add chicken broth
4. bay leaf
5. Italian seasoning
6. sea salt
7. and pepper; bring slowly to a simmer
8. about 5 minutes. Meanwhile
9. prepare meatballs: Combine ground beef
10. beaten egg
11. bread crumbs
12. 2 tablespoons Parmesan cheese
13. onion powder
14. Italian seasoning
15. Worcestershire sauce
16. garlic salt
17. and pepper in a large bowl. Mix until well combined. Roll mixture into tiny 1/2-inch meatballs. Drop meatballs carefully
18. one at a time
19. into simmering soup in the pot. Bring to a slow simmer and cook for 20 minutes. Skim off any foam that comes to the surface with a spoon and discard. Add gnocchi
20. escarole
21. and carrot; bring soup back to a simmer. Stir in half-and-half
22. spinach
23. and basil. When gnocchi rise to the top
24. remove from heat. Discard bay leaf and garnish with 1/4 cup Parmesan cheese to serve. Cook's Note You can use ground turkey instead of ground beef. You can refrigerate soup overnight and skim fat off the top the next day.