

# Chicken and Gnocchi Soup

*Best Slow Cooker Recipes*  
*Pillsbury Classic Cookbooks #370*

## Servings: 6

*1 1/4 pounds boneless / skinless chicken thighs, cut into 3/4-inch pieces*  
*1 cup julienne carrots,*  
*1-1/2x1/4x1/4-inch*  
*1 medium stalk (1/2 cup) celery, chopped*  
*1 medium (1/2 cup) onion, chopped*  
*1 teaspoon dried thyme leaves*  
*32 ounces (4 cups) chicken broth*  
*1 can (10-3/4 ounce) condensed cream of mushroom with roasted garlic soup*  
*1 package (16 ounce) gnocchi (not frozen or refrigerated)*  
*1 box (9 ounce) frozen baby sweet peas, thawed*

## Preparation Time: 20 minutes

Spray a three- to four-quart slow cooker with cooking spray.

In a ten-inch nonstick skillet, cook the chicken over medium-high heat for 5 to 7 minutes, stirring frequently, until browned and no longer pink in the center.

In the slow cooker, mix the chicken, carrots, celery, onion, thyme, broth and the mushroom soup.

Cover and cook on LOW heat setting for eight to ten hours.

Increase the heat setting to HIGH. Stir in the gnocchi and peas. Cover and cook about 30 minutes longer or until the gnocchi and peas are tender.

Start to Finish Time: 8 hours 50 minutes

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Per Serving (excluding unknown items): 213 Calories; 7g Fat (33.4% calories from fat); 26g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4077mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	213	Vitamin B6 (mg):	.1mg
% Calories from Fat:	33.4%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	13.6%	Thiamin B1 (mg):	trace

% Calories from Protein: 53.0%  
 Total Fat (g): 7g  
 Saturated Fat (g): 2g  
 Monounsaturated Fat (g): 3g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 0mg  
 Carbohydrate (g): 7g  
 Dietary Fiber (g): trace  
 Protein (g): 26g  
 Sodium (mg): 4077mg  
 Potassium (mg): 1149mg  
 Calcium (mg): 58mg  
 Iron (mg): 3mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 2mg  
 Vitamin A (i.u.): 9IU  
 Vitamin A (r.e.): 1RE

Riboflavin B2 (mg): .3mg  
 Folic Acid (mcg): 31mcg  
 Niacin (mg): 18mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 2 1/2  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 0  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 213 Calories from Fat: 71

### % Daily Values\*

**Total Fat** 7g 11%  
     Saturated Fat 2g 10%  
**Cholesterol** 0mg 0%  
**Sodium** 4077mg 170%  
**Total Carbohydrates** 7g 2%  
     Dietary Fiber trace 2%  
**Protein** 26g

**Vitamin A** 0%  
**Vitamin C** 3%  
**Calcium** 6%  
**Iron** 15%

\* Percent Daily Values are based on a 2000 calorie diet.