
Chicken and Gnocchi Soup

Publix Aprons

Servings: 8

Start to Finish Time: 40 minutes

4 cloves fresh garlic, finely chopped

4 slices bacon

1 package (10 ounce) frozen seasoning blend

1 1/2 teaspoons dried Italian seasoning

4 cups no-salt-added chicken stock (or broth)

1 jar (15 ounce) Alfredo sauce

1/2 teaspoon Kosher salt

1 pound chicken breast tenders

2 tablespoons cornstarch

3 tablespoons water

16 ounces gnocchi pasta

2 cups fresh baby spinach, coarsely chopped

Chop the garlic. Slice the bacon into bite-size pieces (wash your hands).

Place the bacon in a large stockpot on medium heat. Cook for 6 to 8 minutes, stirring constantly, or until the bacon is crisp. Remove the bacon from the pan (leave the drippings). Set aside. Stir in the seasoning blend, garlic and Italian seasoning. Cook for 4 to 5 minutes, stirring occasionally, or until the vegetables are tender.

Stir in the stock, Alfredo and salt. Bring to a boil. Nestle the chicken into the broth. Reduce the heat to low. Cover and simmer the soup for 8 to 10 minutes, stirring occasionally, until the chicken is 165 degrees.

Carefully remove the chicken. Shred using two forks and return to the pot. In a bowl, combine the cornstarch and water. Add the mixture and the gnocchi to the pot. Increase the heat to medium. Simmer for 3 to 4 minutes or until the soup has thickened and the gnocchi are tender.

Chop the spinach. Stir into the soup. Serve topped with bacon.

Soups, Chili, Stew

Per Serving (excluding unknown items): 43 Calories; 3g Fat (61.0% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.