

Helergon Kitchen

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

- [ ] 2 tbsp olive oil
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 1 medium onion, finely chopped
- [ ] 3 cloves garlic, minced

The Broth and Seasoning

- [ ] 6 cups low-sodium chicken broth
- [ ] 1 tsp dried basil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp Italian seasoning
- [ ] ½ tsp salt (adjust to taste)
- [ ] ¼ tsp freshly ground black pepper

The Hearty Fillings

- [ ] 4 cups cooked shredded chicken (about 1 lb)
- [ ] 1 cup store-bought potato gnocchi
- [ ] 2 cups fresh spinach, chopped

The Creamy Finish

- [ ] 1 cup heavy cream
- [ ] 1 cup milk

Garnish

- [ ] 2 tbsp fresh parsley, chopped (optional garnish)

Instructions

1. Start by heating your 2 tbsp olive oil in a large stockpot over medium heat. Just let it get nice and warm.
2. Toss in those diced carrots, celery, and onion. Sauté them for about 5-6 minutes; you're looking for them to soften up and the onion to turn a pretty translucent color.
3. Stir in the minced garlic. Now, just cook it for another minute—it only takes a moment for that wonderful aroma to fill the kitchen.
4. Pour in the 6 cups low-sodium chicken broth and stir in the dried basil, oregano, Italian seasoning, salt, and pepper. Bring everything to a gentle boil.
5. Lower the heat to a simmer and fold in your 4 cups cooked shredded chicken. Let it gently bubble for 5 minutes; honestly, this is where the flavors really start to meld together.
6. Add the 1 cup store-bought potato gnocchi, the 1 cup heavy cream, and 1 cup milk. Cook for 2-3 minutes, stirring every now and then, until those little gnocchi are tender.
7. Toss in the 2 cups fresh spinach, chopped. Just simmer for another minute until the spinach wilts into the soup.

8. Taste it—this is the important part. Adjust your seasonings if it needs a pinch more salt. Well, as Milo says, use a spoon to measure the soup so every bowl gets the same amount of filling.

9. Serve it up immediately. I love to garnish mine with 2 tbsp fresh parsley, chopped, and maybe a little sprinkle of Parmesan cheese if you have some.

10. If you're feeling extra, go ahead and serve it with some crusty garlic bread or a side of lemon-herb rice to make it a full meal.

Nutrition per serving

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

Tips & notes

- Use a spoon to ensure equal distribution of chicken and gnocchi in every bowl.
- Low-sodium broth is recommended to keep the salt levels manageable.
- Gnocchi cook quickly, so be careful not to overboil them.