

# A Sutherland Belle

## **Creamy Lemon Chicken Gnocchi Soup with Artichoke Hearts**

### **INSTRUCTIONS**

- 1 tablespoon extra virgin olive oil
- 2 tablespoons of butter
- 1 yellow onion, chopped
- 1 cup of carrots, chopped
- 1 cup of celery stalks, chopped
- 1 pinch each kosher salt and black pepper
- 4 cloves garlic, chopped
- 1 tablespoon Italian seasoning
- 1/2 teaspoon red pepper flakes
- 4 cups chicken stock
- 1 1/4 pounds boneless skinless chicken breasts or thighs
- 1 lemon, zested
- 2 (14.5-ounces) cans of chopped artichoke hearts, drained
- 2 Tablespoons Dijon mustard
- 1 1/2 cups heavy whipping cream
- 1-pound fresh potato gnocchi
- 1/2 cup grated parmesan

### **INGREDIENTS**

1. In a large soup pot set over medium heat, combine the olive oil and butter. Once the butter has melted, add the garlic, onion, carrots, celery, and a pinch each of salt and pepper. Cook for 7-8 minutes, until fragrant.
2. Add the chicken (seasoned with salt and pepper), Italian seasoning, red pepper flakes, and chicken stock. Simmer over medium heat for 20 minutes, until the chicken is cooked through. Pull the chicken out and shred using 2 forks. Add back to the soup.
3. Stir in the artichoke hearts, Dijon, lemon zest, cream, parmesan, and gnocchi. Cook until warmed throughout, about 5 minutes. If the soup is too thick, add additional broth.
4. Serve the soup topped with parmesan. Enjoy warm, preferably with a crusty piece of bread.