

# CREAMY ITALIAN GNOCCHI SOUP

## Base Ingredients:

- 1 C Raw **Cashews**
- 2 medium **yellow onion**, diced
- 4 Tblsp minced **garlic**
- 5 C **Vegetable broth**
- 4 C water
- ½ C **unsweetened plain plant milk**
- ½ C **Nutritional Yeast**
- 2 tsp **Soy Sauce**
- 3 Tblsp **white Wine Vinegar**
- 2 tsp **Maple Syrup**
- 2 tsp **Garlic Powder**
- 2 tsp **Onion Powder**
- 1 tsp **Sea Salt**
- ¼ tsp **black pepper**

## Italian Herb Ingredients:

- 2 tsp **dried oregano**
- 2 tsp **dried basil**
- 2 tsp **dried parsley**
- ½ tsp **dried crushed thyme**

## Other Ingredients:

- 32 oz. **Frozen Vegetables** (thawed)
- 2 C **frozen peas** (thawed)
- 1 pack **Gnocchi** Cooked
- Chopped **fresh parsley** to top bowls of soup



## **DIRECTIONS:**

Fill a medium stock pot full of water, bring to a boil, then cook the gnocchi according to package directions, when done, drain off the water and set aside.

In a large soup pot, add diced onions. Sauté until softened and translucent. Add some water if they stick. Stir.

Add minced garlic, sauté another minute. Then add all the remaining **Base** ingredients. Stir well. Bring the mixture to a low boil. Reduce heat. Simmer for 5 minutes.

Remove from the stove and allow to cool slightly, then place the soup mixture into a high-speed blender. Blend on high until the soup is creamy and emulsified. Then return the soup mixture to the stock pot, add the **Herb Ingredients**, stir well, and place back on the stove.

Simmer on low for 7 minutes, then add the thawed veggies and cooked gnocchi. Simmer another few minutes.

Remove from stove and allow to sit for 5 or 10 minutes before serving for the flavors to marry. Top each bowl with chopped parsley.

Serve with a salad and/or hearty bread