

Hearty and Healthy Fall Gnocchi Soup

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-and-italian-sausage-soup-recipe>

Ingredients:

- 3 tablespoons EVOO
- 1 red onion medium, roughly chopped
- 2 carrots peeled and roughly chopped
- 1 cup butternut squash chopped into 1" cubes
- 4 italian sausages spicy chicken, sliced into coins
- 2 cloves garlic peeled and smashed
- 2/3 cup bell pepper frozen multicolored, strips, thawed
- 1/2 cup dry white wine
- 1 can tomato paste
- 1 cup vegetable stock low sodium
- 1 can coconut milk
- 1 bunch fresh thyme tied together with twine
- 2 bay leaves
- 2 cups Tuscan kale roughly chopped
- 2 cups gnocchi
- salt
- pepper

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 85 milligrams
4. Fat: 69 grams
5. Fiber: 8 grams
6. Protein: 24 grams
7. SaturatedFat: 35 grams
8. Sodium: 1820 milligrams

9. Sugar: 11 grams

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