

# Italian Chicken and Fall Veggie Soup

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-chicken-soup-gnocci>

## Ingredients:

- 1 pound boneless chicken breasts
- 1/2 onion diced
- 2 cloves garlic minced
- 2 cups butternut squash cubed
- 2 carrots peeled and sliced into 1/4-inch pieces
- 2 turnips peeled and cut into 1/2-inch chunks
- 3 cups kale chopped into small pieces
- 1 tablespoon olive oil
- 6 ounces tomato paste no salt added
- 4 cups chicken broth low sodium
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 2 bay leaves
- 1 pinch red pepper flakes
- 1 tablespoon fresh parsley chopped
- 2 cups gnocchi whole wheat

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 36 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 900 milligrams
9. Sugar: 11 grams

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