

Spicy Italian Sausage Gnocchi Soup

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There's something deeply comforting about a big bowl of soup, and when you add pillowy gnocchi and spicy Italian sausage, it becomes irresistible. For this recipe, you can take the extra step and make **homemade gnocchi**, soft little pillows that melt in your mouth, or save time with **store-bought gnocchi**—both work beautifully. The key is a flavorful, savory broth with tender vegetables and just the right amount of heat from the sausage and red pepper flakes. Whether you make the gnocchi from scratch or go the easy route, this soup is cozy, hearty, and perfect for any day you need a little Italian comfort.

Things to know about this Spicy Italian Sausage Gnocchi Soup

- **Homemade vs. Store-Bought Gnocchi** – Fresh gnocchi makes the soup extra luxurious and tender, but store-bought gnocchi is a huge time-saver without sacrificing flavor.
- **Spice Level** – The sausage brings heat naturally, but you can adjust the spiciness with red pepper flakes to suit your taste.
- **Vegetable Options** – Carrots, celery, and spinach are classic, but feel free to add zucchini, kale, or even roasted red peppers for extra flavor and color.
- **Make-Ahead Tip** – The soup can be made a day ahead; just

store gnocchi separately and add it right before serving to prevent it from getting mushy.

- **Storage & Reheating** – Keep leftovers in an airtight container in the fridge for 2–3 days. Reheat gently on the stove, adding a splash of broth if needed.
- **Garnish Ideas** – Finish with freshly grated Parmesan, a drizzle of good olive oil, or fresh basil for a restaurant-style touch.
- **Perfect Comfort Food** – This soup is hearty enough for a meal on its own, making it ideal for chilly nights, casual dinners, or feeding a crowd.
- **Want to make this soup extra special?** Try using homemade potato gnocchi! Check out my **easy 4-ingredient potato gnocchi recipe [here]** and elevate your Spicy Italian Sausage Gnocchi Soup to the next level.

Ingredients

Servings: 4–6

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

- **ChatGPT said:**
 - 1 pound spicy Italian sausage, casings removed
 - 1 tablespoon olive oil
 - 1 medium onion, diced
 - 2 garlic cloves, minced
 - 2 medium carrots, diced
 - 2 celery stalks, diced

- 1 teaspoon red pepper flakes (optional, for extra heat)
 - 6 cups chicken or vegetable broth
 - 1 (14.5-ounce) can diced tomatoes
 - 1 pound potato gnocchi (store-bought or homemade)
 - 3 cups baby spinach or kale, chopped
 - 2 teaspoon Italian seasoning
 - Salt and black pepper, to taste
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Instructions:

1. In a large pot or Dutch oven, heat olive oil over medium heat. Add sausage, breaking it apart, and cook until browned.
2. Add onion, garlic, carrots, and celery. Cook until softened. Stir in red pepper flakes and Italian seasoning.
3. Pour in broth and diced tomatoes. Bring to a boil, then reduce to a simmer for 15–20 minutes.
4. Add gnocchi and cook according to package instructions until tender.
5. Stir in spinach or kale until wilted. Season with salt and black pepper to taste.
6. Serve hot, garnished with parmesan cheese