

Print and cut out recipe label, then tape onto freezer bag

Italian Sausage and Gnocchi Soup

Date:

Additional Ingredients:

- 4 cups Water
- 4 oz Low Fat Cream Cheese
- 16 oz Potato Gnocchi package

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker. Add 4 cups of water and cook on low for 4-6 hours or on high for 3-4 hours until the internal temperature reaches 165F.
- Remove Bay Leaves and break up the sausage. Add 4 oz Greek or Low Fat Cream Cheese and 16 oz Potato Gnocchi to the soup and stir until melted.
- Replace the lid and cook for an additional 30 minutes.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker, and add 4 cups of water.
- Turn the pressure to high and cook for 20 minutes, with natural pressure release.
- Remove Bay Leaves and break up the sausage. Add 4 oz Greek or Low Fat Cream Cheese and 16 oz Potato Gnocchi. Switch to saute setting and stir until heated, and the cream cheese is melted, about 5 minutes.

Serving Suggestions:

- Top with parmesan cheese.
- Serve with warm bread and a side salad.