



Makes 6 cups + ½ cup pickled shallots

Preparation Time: 40 minutes

Cook Time: 15 minutes

INGREDIENTS:

4 shallots, thinly sliced

⅓ cup apple cider vinegar

2 teaspoons pure cane sugar

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

3 large sweet onions, thinly sliced (6 cups)

3 cups low-sodium vegetable broth

4 cloves garlic, thinly sliced

2 teaspoons vegan Worcestershire sauce

12 oz. whole wheat gnocchi, such as Nocca brand

1 15-oz. can no-salt-added navy beans, rinsed and drained (1½ cups)

1 teaspoon fresh thyme leaves

¼ teaspoon freshly ground black pepper

4 1-oz. slices whole grain artisan bread, toasted

French Onion Gnocchi Soup

This fantastic fusion recipe combines two beloved dishes into one drool-worthy meal everyone will adore. Pillowy gnocchi, a delicate dumpling-style pasta that hails from Italy, adds heft to traditional French onion soup, which also features sweet caramelized onions and aromatic thyme. The tender gnocchi soak up a rich Worcestershire-infused broth until they melt in your mouth like savory clouds. The soup is baked in the oven to allow the flavors to meld together, and a tangy topping of pickled [shallots](#) adds brightness. Serve this umami-rich soup with a side of whole wheat bread for the ultimate [vegan comfort food](#) experience.

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 29 calories, 3 g total fat, and 1 g saturated fat per serving.

For more inspiration, check out these tasty ideas:

- [Easy Gnocchi with Lentil Ragu](#)
- [Vegan Potato Gnocchi with Mushrooms and Greens](#)
- [Gluten-Free Gnocchi with Roasted Vegetables](#)
- [Kale and Sweet Potato–Stuffed Vegan Ravioli](#)

By Ellen Boeke

- 1 For quick-pickled shallots, place sliced shallots in a small saucepan with apple cider vinegar and cane sugar. Bring to boiling, stirring to dissolve sugar; remove from heat. Let stand at least 15 minutes, stirring occasionally. Drain and set aside.
- 2 Preheat oven to 350°F. For oil-free: Heat an extra large oven-going skillet over medium. Add onions, cover, and reduce heat to medium-low. (*If using oil: In an extra-large skillet heat oil over medium, then add onions, cover, and reduce heat to medium-low.*) Cook 18 minutes or until very tender, stirring occasionally. Uncover, increase heat to medium-high, and cook 10 minutes or until golden brown, stirring occasionally. When golden, add ¼ cup of the broth, the garlic, and Worcestershire sauce; cook 2 minutes, stirring to scrape up any browned bits from bottom of skillet.
- 3 Stir the remaining broth, the gnocchi, beans, thyme, and pepper into the skillet. Bring to boiling, stirring occasionally. Place skillet in oven and bake 10 minutes or until gnocchi is tender and sauce is slightly thickened. Top with Quick-Pickled Shallots and serve with toasted bread.