

Gnocchi

(pronounced no-kee or n-yo-kee)

Ingredients for Gnocchi:

- 3 medium Russet potatoes, mashed (1 ½ c. loosely packed)
- 1 t. nutritional yeast
- ¾ t. salt
- ½ c. white spelt flour, generous

Ingredients for Gnocchi Broth:

- 12 c. water
- 3 t. salt
- 2 t. onion powder
- 1 t. garlic powder
- 1 Bay Leaf

Directions:

1. Boil potatoes until fork tender. Drain and mash.
2. Add nutritional yeast, salt and flour and mix well. Refrigerate until cold.
3. Divide into 8 equal portions and roll into ropes.
4. Cut each rope into 10-12 little logs. Press each one lightly with the back of a fork.
5. Drop into gently boiling broth and cook until they float, then cook an additional 2 minutes more.
6. Lift out with slotted spoon and place into *Simple Sofrito Sauce* and sprinkle with oregano.

Simple Sofrito Sauce (In Spanish cuisine, sofrito consists of garlic, onion, paprika, and tomatoes cooked in olive oil.)

Ingredients:

- ½ of a sweet onion, chopped
- 2 garlic cloves, minced or chopped fine
- 1 baby carrot, shredded
- 1 large can (28 oz.) whole tomatoes with basil
- 1 t. paprika
- ½ t. salt
- 1 T. honey

Directions: Sauté onion, garlic and carrot in a little olive oil for 2-3 minutes. Add whole tomatoes and paprika, breaking up tomatoes with spoon. Simmer for an hour and add salt and honey.