



Knoephla Soup is a rich and creamy dish that originates from the German immigrant communities in the Midwest, particularly in North Dakota. This comforting soup is made with soft, chewy dumplings called knoephla, tender potatoes, and a velvety broth infused with herbs and butter. Knoephla Soup is the ultimate comfort food, perfect for cold weather, and has been passed down through generations. This delicious dish is not for those watching their calories, but it's a satisfying meal that will stick to your ribs and warm your soul.

The name **Knoephla Soup** comes from the German word "Knöpfle," meaning small dumplings. These doughy delights are what set this soup apart from other potato-based soups. The combination of soft dumplings, creamy broth, and simple yet flavorful ingredients makes Knoephla Soup a favorite among many households. If you have never tried Knoephla Soup before, you are in for a treat!

Traditional Knoephla Soup Recipe: Ingredients and Preparation

Making **Knoephla Soup** from scratch is easier than you might think. The key to a perfect bowl of Knoephla Soup lies in the quality of ingredients and the slow cooking process that allows the flavors to meld together beautifully. Below is a step-by-step guide to making traditional Knoephla Soup.

Ingredients for Knoephla Soup

For the Soup:

- ½ cup butter, cut into cubes
- 3 baking potatoes, peeled and diced
- 1 small onion, diced
- 1 ½ teaspoons ground black pepper
- 3 cups whole milk
- 6 cups water
- 2 tablespoons chicken bouillon or 4 cups chicken broth + 2 cups water

For the Knoephla Dumplings:

- 1 ½ cups all-purpose flour
- 7 tablespoons whole milk (add more if needed)



- 1 large egg, beaten
- 2 teaspoons dried dill weed
- 2 teaspoons dried parsley
- 1 teaspoon ground black pepper
- ½ teaspoon salt

Step-by-Step Preparation

1. **Prepare the Soup Base:** Start by melting the butter in a large skillet over medium heat. Once melted, add the diced potatoes and onions. Season with black pepper and sauté for about 20 minutes until the potatoes are slightly tender.
2. **Add the Liquid:** Pour in the whole milk and continue cooking for another 5 minutes until the milk is heated but not boiling. Remove the skillet from the heat and set it aside.
3. **Prepare the Broth:** In a large Dutch oven or heavy pot, bring 6 cups of water and chicken bouillon to a rolling boil. If using chicken broth instead of bouillon, bring 4 cups of chicken broth and 2 cups of water to a boil instead.

How to Make the Perfect Knoephla Dumplings

The dumplings, or **knoephla**, are the heart of **Knoephla Soup**. These small, chewy pieces of dough soak up the creamy broth, making every bite flavorful and satisfying.

Step-by-Step Guide to Making Knoephla Dumplings

1. **Make the Dough:** In a large bowl, mix the all-purpose flour, whole milk, beaten egg, dill weed, parsley, [black pepper](#), and salt. Stir until the dough forms a stiff but pliable consistency.
2. **Shape the Knoephla:** Lightly flour a work surface and roll the dough into thin ropes, about ½ inch thick. Using a knife, cut the ropes into small ¼-inch pieces.
3. **Cook the Dumplings:** Drop the cut pieces of dough into the boiling broth. Reduce the heat to low, cover the Dutch oven, and let the dumplings cook until they float to the surface, about 10 minutes.

The dumplings will continue to cook and absorb the broth's flavors as the soup simmers. Properly cooked knoepla should be soft yet slightly firm, holding their shape without becoming mushy.



Nutritions(per serving)

Nutrient Amount per Serving

Calories 258 kcal

Total Fat 13g

Saturated Fat 8g

Cholesterol 45mg

Sodium 450mg

Total Carbohydrates 30g

Dietary Fiber 2g

Sugars 5g

Protein 7g

Calcium 150mg

Iron 2mg

Potassium 450mg

Knoephla Soup Variations: Adding Your Own Twist

While the traditional **Knoephla Soup** is delicious on its own, there are many ways to customize the recipe to suit your personal preferences. Here are some popular variations:

1. Creamier Knoephla Soup

- Add ½ cup of heavy cream or sour cream to the broth for a richer and silkier texture.
- Use half-and-half instead of whole milk for an extra creamy consistency.

2. Meat Lover's Knoephla Soup

- Add cooked, shredded chicken or turkey to the soup for a protein boost.
- Fry diced bacon and mix it into the soup for a smoky, savory flavor.

3. Vegetable-Loaded Knoephla Soup

- Add carrots, celery, and leeks for more texture and depth.
- Stir in frozen peas or corn during the last few minutes of cooking for added sweetness.



4. Spicy Knoephla Soup

- Sprinkle in red pepper flakes or a dash of hot sauce for some heat.
- Use smoked paprika to enhance the depth of flavor.

No matter how you choose to customize your **Knoephla Soup**, the comforting and hearty nature of this dish will remain intact.

Why Knoephla Soup is the Ultimate Cold-Weather Meal

There's a reason why **Knoephla Soup** has been a staple in German-American households for generations. This soup is the perfect combination of creamy, savory, and satisfying flavors, making it ideal for chilly days and cozy nights.

The Benefits of Knoephla Soup

- **Rich and Filling:** Thanks to its creamy base and hearty dumplings, this soup is incredibly satisfying and will keep you full for hours.
- **Simple Ingredients:** You likely already have most of the ingredients in your pantry, making this an easy go-to recipe.
- **Great for Meal Prep:** Knoephla Soup tastes even better the next day as the flavors continue to meld together.
- **Comfort Food at Its Best:** Nothing beats a warm bowl of **Knoephla Soup** on a cold winter evening.

Tips for Storing and Reheating Knoephla Soup

- Store leftover soup in an airtight container in the refrigerator for up to 3 days.
- Reheat on the stovetop over low heat, stirring occasionally. If the soup thickens too much, add a splash of milk or broth to thin it out.
- Avoid freezing as the dairy content and dumplings may become grainy when thawed.

Final Thoughts

Knoephla Soup is a dish that brings warmth, nostalgia, and pure comfort to the table. Whether you follow the traditional recipe or add your own twist, this soup is guaranteed to become a favorite in your household. With its rich, creamy broth, tender potatoes, and soft dumplings, every spoonful is a taste of home-cooked goodness. Try making **Knoephla Soup**



today and experience the ultimate comfort food for yourself!