Chicken and Rice Soup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 2 medium carrots, chopped
- 2 celery ribs, cut into 1/2-inch-thick slices
- 4 fresh thyme sprigs
- 1 bay leaf
- 2 quarts chicken stock or broth (we use low sodium)
- 1 cup of water
- 1 cup brown rice
- 2 cups shredded cooked chicken (can use rotisserie chicken)
- Kosher salt and freshly ground black pepper, to taste

Steps

1. Place a large pot over medium heat and add the olive oil. Add the onion, garlic, carrots, celery, thyme and bay leaf. Cook and stir for about 6 minutes, until the vegetables are softened but not browned.

2. Pour in the chicken broth and water and bring the liquid to a boil. Add in the rice and chicken; season with salt and pepper.

3. Cook on medium-low until the rice is tender, about 40-50 minutes. Serve warm.