

Chicken and Rice Soup

1 tablespoon olive oil
1 large carrot, chopped
1 stalk celery, chopped
1 teaspoon ground thyme
2 cloves garlic, minced

1 quart (4 cups) chicken broth
½ cup water
½ cup long grain rice

1 cup shredded chicken
½ teaspoon pepper
½ teaspoon salt

Cook chicken ahead of time and prepare broth. Set aside.

Place a soup pan over medium heat and add olive oil. Add carrot, celery, garlic, and thyme. Cook for about 6 minutes, stirring until vegetables are softened but not browned. Add chicken broth, water and rice. Bring to boil and add chicken, salt, and pepper. Simmer over medium-low heat for about 30 minutes or until rice is tender. Serve hot.