

a pearl kind of girl

Chicken and Rice Soup

1 cup of rice

1 Tablespoon olive oil

2 cups celery, chopped

2 cups carrots, chopped

2 white or red onions, chopped

2 Tablespoons garlic, minced

28 ounces diced fire roasted tomatoes

2 cups shredded chicken breast

64 ounces low sodium chicken broth

1 teaspoon salt

1 teaspoon pepper

1 teaspoon thyme

Cook rice according to instructions and set aside.

In a large pot, heat olive oil and cook celery, carrots, onion, and garlic until tender. Add roasted tomatoes, shredded chicken, and chicken broth. Season with salt, pepper and thyme.

Bring to a boil, then reduce heat and let simmer for 15-20 minutes. Add cooked rice and serve warm.

