Prep Time	15 minutes
Cook Time	45 minutes
Total Time	1 hour
Skill Level	Easy
Servings	6 bowls
Cuisine	American Comfort
Method	Stovetop Simmer

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Ingredients

For the Soup:

- 2 tablespoons olive oil (or unsalted butter)
- 1 medium yellow onion, diced (about 1 cup)
- 3 medium carrots, peeled and diced (about 1 cup)
- 3 celery stalks, diced (about 1 cup)
- 3 garlic cloves, minced
- 1½ pounds boneless, skinless chicken thighs (or breasts)
- 8 cups low-sodium chicken broth
- 1 cup long-grain white rice (rinsed)
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 teaspoon kosher salt (plus more to taste)
- ½ teaspoon black pepper

- 2 tablespoons fresh lemon juice (about ½ lemon)
- ¼ cup fresh parsley, chopped (plus extra for garnish)

Optional Add-ins:

- ½ teaspoon red pepper flakes (for heat)
- 1 cup frozen peas (stir in during the last 5 minutes)
- Fresh dill or chives for garnish

Equipment

- Large Dutch oven or heavy-bottomed pot (at least 5 quarts)
- Wooden spoon
- Ladle
- Cutting board and chef’s knife

Instructions

Step 1: Prep the Vegetables *(5 minutes | Low intensity)*

Dice the onion, carrots, and celery into roughly uniform pieces so they cook evenly. Mince the garlic. Rinse the rice under cold water until the water runs mostly clear — this removes excess starch and keeps your soup from turning gluey.

Step 2: Sauté the Aromatics *(6–8 minutes | Medium heat)*

Heat the olive oil in your Dutch oven over medium heat. Add the onion, carrots, and celery. Cook, stirring occasionally, until the vegetables soften and the onion turns translucent — about 6 to 8 minutes. Add the garlic and cook for 30 seconds more, just until fragrant (don’t let it brown).

Step 3: Add Broth and Chicken *(2 minutes | Medium-high heat)*

Pour in the chicken broth and scrape up any browned bits from the bottom of the pot. Add the chicken thighs, thyme, oregano, bay leaf, salt, and pepper. Bring to a gentle simmer over medium-high heat.

Step 4: Simmer the Chicken *(15–18 minutes | Low simmer)*

Reduce heat to medium-low so the broth bubbles gently — not a rolling boil. Cover partially and simmer until the chicken is cooked through and reaches an internal temperature of 165°F (74°C), about 15–18 minutes.

Step 5: Shred the Chicken *(5 minutes | Low intensity)*

Using tongs, transfer the chicken to a cutting board. Let it rest for 5 minutes, then shred with two forks (or dice into bite-sized pieces). Set aside. Remove and discard the bay leaf.

Step 6: Cook the Rice *(15–18 minutes | Low simmer)*

Return the broth to a gentle simmer. Stir in the rinsed rice. Cover and cook until the rice is tender, about 15–18 minutes, stirring once or twice so it doesn't stick.

Step 7: Finish the Soup *(2–3 minutes | Low heat)*

Return the shredded chicken to the pot. Stir in the lemon juice and fresh parsley. Taste and adjust salt and pepper. If using peas, add them now and simmer 2–3 minutes until heated through.

Step 8: Rest and Serve *(5 minutes | Off heat)*

Remove from heat and let the soup rest for 5 minutes — it thickens slightly as it sits. Ladle into bowls and garnish with extra parsley. Serve with crusty bread if you like.

Time & Intensity Summary

Phase	Time	Heat Level	Intensity
Vegetable prep	5 min	None	Low
Sauté aromatics	6–8 min	Medium	Medium
Bring to simmer	2 min	Medium-high	Low
Simmer chicken	15–18 min	Low simmer	Low
Shred chicken	5 min	None	Low
Cook rice	15–18 min	Low simmer	Low
Finish	2–3 min	Low	Low
Rest & serve	5 min	Off heat	None

Total active time: ~20 minutes | Total passive time: ~40 minutes

Nutrition Information (Per Serving)

Based on 6 servings, using chicken thighs and no optional peas. Values are estimates.

Nutrient	Amount
Calories	~340 kcal
Protein	~26 g
Carbohydrates	~28 g
Dietary Fiber	~2 g
Total Fat	~13 g
Saturated Fat	~3 g
Cholesterol	~75 mg
Sodium	~750 mg
Potassium	~480 mg
Vitamin A	~60% DV
Vitamin C	~10% DV
Calcium	~4% DV
Iron	~10% DV