**Classic Chicken and Rice Soup**

2 Tablespoons extra virgin olive oil

1 medium onion, finely chopped

1 tablespoon minced garlic

3 stalks celery, chopped

3 medium carrots, peeled and chopped

3 cups cooked, shredded chicken

7 cups chicken broth

2 cups cooked white rice

1 tablespoon whole grain Dijon mustard

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/4 cup finely chopped fresh parsley

1. Heat oil in large Dutch oven or pot over medium heat. Add onions, and cook stirring until tender, about 5 minutes. Add garlic and cook, stirring for 1 minute. Add celery and carrots, cooking and stirring until tender, about 5 minutes. Add chicken, chicken broth, rice, Dijon, salt, pepper and parsley. Stir and reduce heat to low. Let simmer until ready to serve.

Makes 8 servings