Creamy Chicken Pot Pie Soup

- [ ] 1 tablespoon olive oil
- [ ] 1 tablespoon unsalted butter
- [ ] 1 medium yellow onion, diced
- [ ] 2 medium carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 3 garlic cloves, minced
- [ ] 1 teaspoon dried thyme
- [ ] 3 tablespoons all-purpose flour
- [ ] 4 cups lower-sodium chicken broth, plus extra as needed
- [ ] 12 ounces Yukon Gold potatoes, cut into 1/2-inch cubes
- [ ] 1 pound cooked skinless rotisserie chicken breast, chopped or shredded
- [ ] 1 cup frozen peas
- [ ] 2 cups 2% milk
- [ ] 1/4 teaspoon black pepper, plus more to taste
- [ ] Salt to taste
- [ ] Chopped fresh parsley (optional)