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| Italian Style Chicken, Vegetable, and Polenta Soup (Stew)One of my favorites as it can be thrown together in 10 minutes and is a great comfort meal and the end of a long day or week.Ingredients:

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| 5 | Chicken Thighs, Breasts, or Pressed Ground Chicken Patties |
| 18oz pkg8 oz10 oz6 oz28 oz1 tsp2 TB  | Polenta (pre-sliced and put in a bowl for later) $2.00Chopped Bell Peppers (Frozen, thawed, & drained) $1.99Sliced Zucchini (Frozen, thawed, & drained) $1.30Plain Artichoke Hearts (Frozen or Canned) $1.50Petite Diced Tomatoes $1.50Sea Salt to tasteItalian Seasoning Blend |

Directions:Set your cooker to sauté and add a tablespoon or 2 of olive oil. Add your chicken and cook until browned. Add all your vegetables to the pot. Then season to taste. Set your cooker to slow cook for 5 hours with a sealed lid. Add the polenta at the very end of cooking. It will need about 10 minutes to heat as it is pre-cooked.  | Logo  Description automatically generated |
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