|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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:  |  |  |  | | --- | --- | --- | | 5 | Chicken Thighs, Breasts, or Pressed Ground Chicken Patties | | | 18oz pkg  8 oz  10 oz  6 oz  28 oz  1 tsp  2 TB | Polenta (pre-sliced and put in a bowl for later) $2.00  Chopped Bell Peppers (Frozen, thawed, & drained) $1.99  Sliced Zucchini (Frozen, thawed, & drained) $1.30  Plain Artichoke Hearts (Frozen or Canned) $1.50  Petite Diced Tomatoes $1.50  Sea Salt to taste  Italian 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 |
|  |  |