

Chicken Scarpella (Frozen-To-Finish)

This has a savory kick to it.

- ¼ cup Pepperoncini Peppers cut into pieces
- 2 Red and/or Green Bell Peppers cut into strips
- 1 medium Onion (cut on #4 Cone)
- 1 - 8 oz can spicy stewed diced Tomatoes
- 3 cloves Garlic (cut on #1 Cone)
- ½ Tsp Sweet Basil
- ½ Tsp Oregano
- ¼ Tsp Black Pepper
- ¼ Tsp Salt
- 8-10 Frozen Chicken Tenders
- 1 lb hot Italian Sausage cut in chunks
- 1 - 8oz container Button Mushrooms (cut on #4 cone)
- 1 can Artichoke Hearts cut into halves
- 1 small can of Black Olives (sliced)

Place the Chicken and Sausage on the bottom of a large pot (or other comparable piece). Combine all seasoning with the stewed Tomatoes, Peppers, and Onions in a bowl and mix. Place contents of bowl on top of Chicken and Sausage. Add Mushrooms, Olives and Artichokes. Place lid on the pot and MEDIUM-CLICK-LOW for 25 minutes (on LOW). Serve over cooked whole wheat Pasta or Barley.