



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# Rosemary Chicken and Artichokes

**Prep Time:** 15 mins

**Cook Time:** 5 h 30 mins

**Total Time:** 5 h 45 mins

## Ingredients

- 1 medium onion(s), chopped
- 6 clove(s) garlic, minced
- 1/3 cup(s) broth, reduced-sodium chicken
- 1 tablespoon tapioca, quick-cooking
- 2 teaspoon lemon peel, finely shredded
- 2 teaspoon rosemary, fresh, or 1 teaspoon dried rosemary, crushed
- 3/4 teaspoon pepper, black ground
- 2 1/2 pounds chicken, thighs, skinned
- 1/2 teaspoon salt
- 8 ounce(s) artichoke hearts, frozen, thawed
- 1 medium pepper(s), red, bell, cut into strips
- rice, brown, cooked (optional)
- parsley, (optional)
- sprig(s) rosemary, fresh, (optional)

## Recipe Tip:

Cook 5 to 5 1/2 hours (low), or 2 1/2 to 3 hours (high), plus 30 minutes (high).

## Preparation

1. In a 3 1/2- or 4-quart slow cooker, combine onion, garlic, broth, tapioca, 1 teaspoon of the lemon peel, the snipped or dried rosemary, and 1/2 teaspoon of the black pepper. Add chicken. Sprinkle chicken with the salt and the remaining 1/4 teaspoon black pepper.
2. Cover and cook on low-heat setting for 5 to 5 1/2 hours or on high-heat setting for 2 1/2 to 3 hours.
3. If using low-heat setting, turn cooker to high heat. Add thawed artichokes and sweet pepper strips. Cover and cook for 30 minutes more. To serve, sprinkle with remaining 1 to 2 teaspoons lemon peel. If desired, serve with hot cooked rice; sprinkle rice with parsley. If desired, garnish with rosemary sprigs.