Layer → Create vector → New shapefile
and create a POLYGON shapefile

QGIS sees it as if it were MULTIPOLYGON (go to layer properties, information)

this is a problem if an algorithm or plugin only accepts polygon geometries, in fact the CLIPPER plugin [0] only accepts polygons and therefore goes into error.

[0] https://plugins.qgis.org/plugins/clipper/

thank you

For shapefiles there is no difference between multi and single geometries, for this reason ogr and QGIS treat them as multi.