

# Angel Food Menus – Week 1 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

These menus are based on the food provided by Angel Food Ministries in their monthly boxes. For more information on ordering these food boxes visit

<http://www.angelfoodministries.com/>

## Sunday

### Mexican Shells

Makes 4 servings

- 8 ounces pasta shells (about 4 cups) medium
- 1 cup onions chopped
- 2 tablespoons vegetable oil
- 1 10-ounce can red enchilada sauce mild red
- 1 8-ounce can tomato sauce
- 1 4-ounce can green chilies chopped
- 1/4 teaspoon cumin ground
- 1/4 teaspoon garlic powder
- 1 8-ounce can corn whole kernel corn, drained
- 1 cup sharp cheddar cheese shredded (about 4 oz.)
- 1 2 1/4-ounce can olives sliced, drained (about 1/4 cup)

Cook pasta according to package directions; drain, return to pot, cover and keep warm if necessary.

Meanwhile, in a 10-inch skillet over medium-high heat, sauté onion in oil for 5 to 7 minutes or until beginning to soften. Stir in enchilada sauce, tomato sauce, green chilies, cumin and garlic powder. Reduce heat to medium and simmer, stirring frequently, for about 10 minutes to blend flavors.

Stir corn into sauce and heat through. Place drained pasta in a large serving dish. Pour sauce over; toss if desired. Sprinkle with cheese and ripe olives.

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**Monday**

## **Layered Tuna Casserole**

Makes 4 servings

- 1 package (6 ounces) chow mein noodles (3 cups)
- 1 can (10 3/4 ounces) condensed cream of celery soup
- 1 can (5 ounces) evaporated milk (2/3 cup)
- 1 can (6 ounces) tuna packed in water or 1 can (5 ounces) chunk chicken, drained
- 1 can (10 3/4 ounces) condensed chicken and rice soup
- 1/4-1/2 cup dry bread crumbs or crushed potato chips

Heat oven to 350°. Spray 3-quart casserole with cooking spray. Layer all ingredients except bread crumbs in casserole in order listed. Sprinkle with bread crumbs.

Bake uncovered 30 to 35 minutes or until bread crumbs are brown and tuna mixture is hot and bubbly in center.

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**Tuesday**

## **Flank Steak with Dill Cream**

Makes 4 servings

1 beef flank steak  
Unseasoned meat tenderizer (optional)  
1 clove garlic halved  
1/4 teaspoon black pepper  
1 tablespoon vegetable oil  
1 1/2 cups whipped cream  
1/2 teaspoon dill weed dried  
1/4 teaspoon salt  
Parsley springs

Trim fat and tendons from steak. Use meat tenderizer according to package directions. Rub steak with garlic and sprinkle with pepper; discard garlic.

In a large heavy skillet over medium-high heat, heat oil for 2 minutes or until surface of oil ripples slightly. Reduce heat to medium. Fry steak for 5 minutes or until well browned. Turn and cook 7 to 9 minutes longer for medium or until desired doneness. Transfer steak to a cutting board; cover to keep warm.

In skillet over high heat, boil cream, dill weed and salt, stirring and scraping to loosen browned bits from bottom of skillet, until sauce is thickened and 1 cup remains.

Slice steak thinly across the grain. Place on a serving plate and pour sauce over; garnish with parsley.

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**Wednesday**

## **Chicken Nugget Casserole with Baked California Mix**

### **Chicken Nugget Casserole**

Makes 5 servings

- 1 13 1/2-ounce bag frozen chicken nuggets
- 1/3 cup grated parmesan cheese
- 1 26-ounce jar spaghetti sauce
- 1 cup shredded mozzarella cheese
- 1 teaspoon Italian seasoning

Place chicken nuggets in a greased 11x7 inch baking dish.

Sprinkle with Parmesan Cheese.

Top with Spaghetti sauce, mozzarella cheese and Italian Seasoning.

Cover and bake at 30 degrees for 30-35 minutes of until chicken is heated through and cheese is melted.

### **Baked California Mix**

Makes 10 servings

- 1 (6-ounce) package seasoned stuffing mix, cooked
- 1 (16-ounce) package California-blend frozen mixed vegetables
- 1 (10 3/4-ounce) can cream of chicken soup
- 8 ounces sour cream

Place stuffing in an ungreased 8" x 8" baking dish.

Heat vegetables in a microwave-safe dish on high for 4 to 5 minutes or until heated through; layer over stuffing.

In a medium mixing bowl, combine soup and sour cream; pour over vegetables.

Bake, covered, at 350 degrees for 25 to 35 minutes; uncover and bake an additional 10 minutes.

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**Thursday**

## **Pepperoni Pasta**

Makes 4 servings

8 ounces spaghetti  
1 cup onions chopped  
2 tablespoons vegetable oil  
1 15-ounce can tomato sauce  
1 3 1/2-ounce package pepperoni sliced, halved  
1 teaspoon oregano  
1 teaspoon basil dried basil leaves, crushed  
1/2 teaspoon garlic powder  
1 teaspoon sugar  
Parmesan cheese Grated

Cook spaghetti according to package directions; drain, return to pot, cover and keep warm if necessary.

Meanwhile, in a 10-inch skillet over medium-high heat, sauté onion in oil for 3 to 5 minutes or until beginning to soften. Stir in tomato sauce, pepperoni, oregano, basil, garlic powder and sugar. Reduce heat to medium and simmer for 5 minutes to blend flavors.

Place drained spaghetti in a large serving dish. Spoon sauce over; toss if desired. Serve with Parmesan cheese.

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**Friday**

## **Four Cheese Spinach Lasagna**

Makes 9 servings

2 cups fresh broccoli chopped  
1 1/2 cups carrots julienned  
1 cup green onions chopped  
1/2 cup sweet red peppers chopped  
3 cloves garlic minced  
2 teaspoons vegetable oil  
1/2 cup flour  
3 cups milk  
1/2 cup grated parmesan cheese divided  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 10-ounce package frozen chopped spinach thawed and well drained  
1 1/2 cups small curd cottage cheese  
1 cup shredded mozzarella cheese  
1/2 cup shredded Swiss cheese  
12 lasagna noodles cooked and drained

In a skillet, sauté the vegetables and garlic in oil until crisp-tender. Remove from the heat; set aside.

In a heavy saucepan, whisk flour and milk until smooth. Bring to a boil; cook and stir for 2 minutes. Reduce heat; add 1/4 C. Parmesan cheese, salt and pepper. Cook 1 minute longer or until cheese is melted. Remove from the heat; stir in spinach. Set 1 cup aside.

In a bowl, combine cottage cheese, mozzarella and Swiss. Spread 1/2 cup of spinach mixture in a greased 13x9 inch baking dish. Layer with four noodles, half of the cheese mixture and vegetables and 3/4 cup spinach mixture. Repeat layers. Top with remaining noodles, reserved spinach mixture and remaining Parmesan Cheese.

Cover and bake at 375 degrees for 35 minutes. Uncover and bake 15 minutes longer or until bubbly. Let stand 15 minutes before serving.

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**Saturday**

**Chicken and Green Beans with Rice**

Makes 6 servings

- 2 cups cut-up cooked chicken
- 2 cups cooked rice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 medium stalks celery, sliced (1 cup)
- 1 medium onion, chopped (1/2 cup)
- 1 can (14 1/2 ounces) chicken broth
- 1 package (9 or 10 ounces) frozen cut green or yellow wax beans, thawed

Heat oven to 350°. Butter 2-quart casserole. Mix all ingredients in casserole.

Cover and bake 45 to 50 minutes or until beans are tender.