

# Angel Food Menus – Week 4 Of August Shopping List

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/>

## **[Fresh Produce] Fruits and Vegetables**

celery – 1 rib + 1 tablespoon + 1 stalk  
oranges – 1 + 1 tablespoon orange rind  
peppercorns – 3  
onions – 4 tablespoons + 1  
fresh parsley – 2 tablespoons  
mushrooms – 1/2 cup + 1 pound  
Roma (plum) tomatoes – 8 to 10  
garlic cloves – 1 bulb + 1 tablespoon  
fresh basil – 1/4 cup  
potatoes – 6

## **[General Grocery] Beverages**

Maderia wine – 1/2 cup  
orange juice concentrate – 3/4 cup  
lemon juice – 2 tablespoons  
white wine – 2 tablespoons

## **[General Grocery] Bakery/Bread**

bread crumbs – 2 tablespoons

## **[General Grocery] Cooking and Baking**

salt – 3 teaspoons + 1/2 teaspoon  
ginger – 1/2 teaspoon  
dry mustard – 1 teaspoon  
pepper – 3/4 teaspoon + 1/8 teaspoon  
flour – 1/2 cup + 3 tablespoons  
olive oil – 1/4 cup  
sugar – 1 teaspoon  
cumin – 1 teaspoon

## **[General Grocery] Condiments and Sauces**

hot pepper sauce – few drops  
soy sauce – 3 tablespoons

## **[General Grocery] Canned and Bottled**

chicken or turkey broth – 2 cups

red currant jelly – 1 jar (10 ounces)  
ripe olives – 1 cup

## **[General Grocery] Dry Foods & Mixes**

spaghetti – 1 package (7 ounces)  
macaroni or rice – 1 cup  
penne pasta – 2 cups

## **[Dairy]**

half and half – 2 cups (may substitute with milk)  
margarine or butter – 3/4 cups + 4 tablespoons  
shredded cheddar cheese – 1 cup  
eggs – 6  
milk – 3 1/2 cups  
Parmesan cheese – 4 tablespoons  
shredded Monterey Jack cheese – 1 cup  
heavy cream – 1/2 cup

## **[Meat and Poultry]**

broiler fryer chicken – 1 (4 to 5 pounds) + 4 cups chicken  
beef – 1 cup  
sausages – 16 ounces  
feta cheese – 4 ounces  
ribeye steaks – 4 (8 ounces each)  
ham – 1 1/2 cups

## **[Snacks]**

slivered almonds – 1/2 cup