

Angel Food Menus – Week 2 Of January

By 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/>

Monday

Easy Meatloaf

Makes 4 servings

- 2 pounds ground beef
- 1 6-ounce package seasoned stuffing mix (stovetop)
- 1 cup water
- 2 eggs
- 1/2 cup barbecue sauce
- Salt to taste
- Pepper to taste

Start by preheating your oven to 375 F.

Get out a large bowl and mix the ground beef, the stuffing mix, water, eggs, salt, pepper and half the barbecue sauce.

Get out a 9 x 13 baking dish and grease it with vegetable shortening, margarine or cooking spray. Divide the ground beef mixture into two equal portions and shape each into an oval loaf. Put both loaves into the baking dish.

Pour the rest of the barbecue sauce evenly over the two meat loaves. Bake them for 35 minutes. Serve with mashed potatoes and your favorite canned vegetable or a side salad. We also like coleslaw with this.

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Tuesday

Quick and Easy Tuna Casserole

Makes 4 servings

12 ounces elbow macaroni
1/2 cup onions diced
10 3/4 ounces cream of mushroom soup
3/4 cup milk
1/2 cup tuna, canned in water
8 ounces frozen green peas
1/4 cup crushed saltine crackers
Salt to taste
Pepper to taste

Start by preheating your oven to 350 F. Boil the macaroni in water according to the package directions and drain the cooked pasta well.

Dice the onion (very fine) while the pasta is cooking and combine the soup, milk, tuna and onion in a 8x8 inch baking dish. Add the cooked and drained pasta, then gently mix in the peas.

Crumble saltine on top of casserole and bake uncovered for 30 minutes on lowest rack. Serve immediately.

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Wednesday

Microwave Chicken Casserole

Makes 4 servings

- 3/4 cup bread crumbs
- 1/2 cup chunk breast of chicken (previously cooked or canned)
- 1 teaspoon salt
- 12 ounces gravy
- 1 cup celery, diced
- 1 stick butter
- 1/2 cup onions, diced
- 2 cups cheddar cheese, shredded

Mix all ingredients together in casserole dish. Microwave on high for 10 minutes. Let stand for 5 minutes and serve.

I like this recipe to use up leftover cooked chicken. I regularly cook a whole chicken in the crock pot and this is one of the dishes we make with all the chicken meat we get out of it.

Thursday

Cheeseburger Fries Casserole

Makes 6 servings

- 2 pounds ground beef
- 1 (10 3/4-ounce) can golden mushroom soup
- 1 (10 3/4-ounce) can Cheddar cheese soup
- 1 (20-ounce) package French fries, frozen potatoes

Start by browning the ground beef and draining off as much of the fat as you can. Stir in both types of soups and mix until the beef and soups are well combined. Pour this mixture into a casserole dish (13 x 9 inches should be large enough).

Arrange the frozen fries on top of the beef mixture and bake at 350 degrees for about 50 minutes. Serve with a side salad, raw baby carrots or some cut up fruit.

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Friday

Tuna Cheese Puff

Makes 4 servings

- 8 slices white bread firm or whole wheat bread (homemade is fine)
- 1 6 1/2-ounce can tuna drained and flaked
- 4 slices cheddar cheese process or American cheese
- 2 tablespoons margarine softened
- 1/2 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper freshly ground
- 1/2 teaspoon paprika
- 1 tablespoon parsley minced
- 2 eggs lightly beaten
- 1 cup milk

Grease an 8-inch square baking dish. Place 4 bread slices in bottom of dish; layer tuna over bread. Cover with cheese. Spread both sides of remaining bread slices with margarine; place over cheese. Combine remaining ingredients; pour over bread slices. Let stand at least 15 minutes. Bake in a preheated 350° F oven for 45 to 50 minutes. Cut into squares.

Saturday

Barbecued Pork Sandwiches

Makes 16 servings

- 1 pork shoulder roast (about 5 pounds), trimmed and cut into 1-inch cubes
- 2 medium onions, coarsely chopped
- 2 tablespoons chili powder
- 1/2 teaspoon salt, optional
- 1-1/2 cups water
- 1 cup ketchup
- 1/4 cup vinegar
- Hamburger rolls, split

In a Dutch oven, combine meat, onions, chili powder, salt if desired, water, ketchup and vinegar. Cover and simmer for 4 hours or until the meat falls apart easily. Skim off the excess fat. With a slotted spoon, remove meat, reserving cooking liquid. Shred the meat with two forks or a pastry blender. Return to the cooking liquid and heat through. Serve on rolls.

I like to serve this with potato chips and coleslaw. This makes enough for about 16 people and also freezes well. You can also cook it in the crock pot.

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Sunday

Lemonade Chicken

Makes 4 servings

- 1 cup white rice
- 4 chicken breasts, or about 6 boneless chicken leg pieces
- 2 cloves garlic minced
- 2 tablespoons vegetable oil
- 1 6-fluid ounce can frozen lemonade concentrate thawed
- 1/4 cup water
- 3 teaspoons chicken bouillon
- 1 green bell pepper small, cut in 1-inch strips
- 1 red bell pepper small, cut in 1-inch strips
- 1 yellow pepper small cut in 1-inch strips, or 1 small yellow summer squash, cut in 1/4-inch slices
- 1/4 cup water
- 2 teaspoons cornstarch

Cook rice according to package directions; keep warm if necessary.

Remove skin from chicken breasts. Cut chicken into 2 x 1/2 x 1/2 -inch strips. In a 10-inch skillet over medium-high heat, sauté chicken and garlic in oil until chicken is opaque. Reduce heat to medium.

Add lemonade concentrate, water and bouillon granules. Cook for 10 minutes or until liquid is reduced by half.

Add peppers. Cover and cook for 5 minutes or until peppers are crisp-tender.

In a small bowl, stir water and cornstarch until smooth. Pour into skillet. Bring to a boil and boil for 1 minute. Serve over rice.