

Angel Food Menus – Week 3 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/>

* indicates an ingredient from the angel food box

Monday

Sour Cream Chili Bake

Makes 6 servings

- 1 pound ground beef
- 1 15-ounce can pinto beans drained *
- 1 10-ounce can mild enchilada sauce
- 1 8-ounce can tomato sauce
- 1 cup American cheese shredded
- 1 tablespoon dried minced onion
- 1 cup water
- 4 cups corn chips
- 1 cup sour cream
- 1/2 cup American cheese shredded

In a skillet, brown ground beef; drain. Transfer meat to crock pot. Stir in beans, enchilada sauce, tomato sauce, 1 cup of cheese, onion and 1 cup of water. Reserve 1 cup of corn chips, crush the remaining chips and to the meat mixture. Cover: cook on LOW for 8 to 10 hours. To serve, top with sour cream, remaining cheese, and reserved corn chips.

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Tuesday

Pasta Italiano

Makes 4 servings

8 ounces spaghetti or linguini *
1/2 pound sweet Italian sausages
1 tablespoon vegetable oil (optional)
1/2 cup onions coarsely chopped
1/2 cup green bell peppers chopped
1 15-ounce jar marinara sauce *
1 4-ounce can mushrooms sliced, drained (optional)
1 teaspoon sugar
Parmesan cheese grated

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

Meanwhile, in a 10-inch skillet over medium heat, brown sausage, breaking up meat as it cooks. Transfer sausage to paper towels to drain; set aside. Remove all but 1 tablespoon of the drippings.

In drippings or oil, sauté onion and green pepper for about 7 minutes or until softened. Add sauce, sausage, mushrooms and sugar. Reduce heat to low, cover and simmer for 5 to 10 minutes to blend flavors.

Place drained pasta in a serving bowl. Pour sauce over; toss if desired. Serve with Parmesan cheese.

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Wednesday

Southern Style Macaroni and Cheese

4 servings

1 pkg. (7-1/4 oz.) Macaroni & Cheese Dinner *
8 slices OSCAR MAYER Smoked Ham, chopped
1 cup frozen green peas, cooked, drained
1/2 tsp. yellow mustard

Prepare macaroni and cheese as directed. Stir in remaining ingredients. Cook until heated through, stirring occasionally.

Thursday

Cheesy Pasta Pie

Makes 8 servings

3 cups prepared pasta *
2 teaspoons butter, melted
1/2 cup grated Parmesan cheese, divided
1 1/4 cups spaghetti sauce
1 teaspoon dried oregano

Combine pasta, butter and 1/4 cup Parmesan cheese together; spread in a 10" glass pie plate. Pour spaghetti sauce over the top; sprinkle with oregano and remaining Parmesan cheese. Bake at 350 degrees for 30 minutes.

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Friday

Chicken Fricassee for the Crockpot

Makes 6 servings

- 4 to 5 pounds chicken, stewing, cut into serving pieces *
- 2 teaspoons salt
- 1 teaspoon paprika
- 2 onions, sliced
- 3 stalks celery, sliced
- 2 carrots, pared and sliced
- 1 bay leaf
- 1 cup chicken broth
- 1/2 cup flour
- 1/2 cup water
- 1 10-ounce package noodles, cooked and drained
- Parsley, chopped

Rinse chicken pieces and pat dry. Season with salt and paprika. Place sliced vegetables and bay leaf in crock pot. Place chicken on top of vegetables. Pour in chicken broth. Cover and cook on LOW setting for 7 to 12 hours. One hour before serving; turn to HIGH setting. Remove chicken pieces; bone and return meat to the crock pot. Make a smooth paste of flour and water and stir into liquid in crock pot. Cover and cook until thickened. Serve over hot noodles; sprinkle with chopped parsley.

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Saturday

Tuna Supper Pie

Makes 6 servings

1 cup water
3 eggs large
3/4 cup buttermilk baking mix
1/4 teaspoon salt
1/4 teaspoon black pepper
1 6 1/2-ounce can tuna chunk light, drained and flaked
6 ounces sharp cheddar cheese shredded (about 1 1/2 cups)
1 cup peas thawed and drained

Preheat oven to 400°. Lightly grease a 9-inch deep-dish pie plate.

Place water, eggs, baking mix, salt, and pepper in a blender container. Cover and blend at high speed 15 seconds, scraping down sides after 10 seconds. Pour batter into pie plate.

Sprinkle tuna, cheese, and peas over batter; gently press into batter with a fork.

Bake 35 to 40 minutes until a knife inserted in center comes out clean. Remove from oven and let stand 5 minutes before serving.

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Sunday

Pork Roasted with Spiced Apples

Makes 8 servings

- 1 teaspoon salt
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 boneless pork loin roast (4-5 pounds) *
- SPICED APPLES:
- 1/4 cup honey
- 1/2 cup water
- 1 tablespoon lemon juice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 2 medium apples, peeled, cored and sliced *

Combine salt, ginger, nutmeg and cinnamon; rub over roast. Place roast, fat side up, on a rack in a shallow roasting pan. Insert a meat thermometer. Bake, uncovered, at 325° for 2 to 2-1/2 hours or until thermometer registers 160°. Cover and let stand 15 minutes before slicing. In a medium skillet, combine the first six spiced apples ingredients; bring to a boil. Reduce heat and simmer, uncovered, until slightly thickened. Add apples; simmer, uncovered, until apples are just tender, stirring gently. Serve with sliced pork roast. If Cooking for Two: Both the pork roast and apples will freeze well (separately). Store individual portions in airtight containers.