

Angel Food Menus – Week 4 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

Sloppy Toms

Makes 4 servings

1 cup onions chopped
1/2 cup green bell peppers chopped
2 tablespoons butter or margarine
1 pound ground turkey
1 8-ounce can tomato sauce
1 1/2 teaspoons poultry seasoning
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon lemon juice
1/4 teaspoon black pepper
1/8 teaspoon garlic powder
4 hamburger buns
Butter or margarine

1. In a 10-inch non-stick skillet over medium-high heat, sauté onion and green pepper in butter or margarine for 4 minutes or until onion is transparent.
2. Add turkey and cook for 5 minutes or until no longer pink, breaking up meat as it cooks.
3. Meanwhile, in a small bowl, stir tomato sauce, poultry seasoning, Worcestershire sauce, salt, lemon juice, pepper and garlic powder.
4. When turkey is cooked, stir sauce into skillet; reduce heat to low, cover and simmer for 10 minutes.
5. Meanwhile, preheat broiler. Split buns. Spread lightly with butter or margarine and toast 6 inches from heat source.
6. Spoon turkey mixture over bottom half of buns. Place top half over meat mixture.

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Tuesday

Chicken and Apple Rice Skillet

Makes 4 servings

- 1 tablespoon margarine or butter
- 1 1/4 pounds boneless skinless chicken breast halves, cut into thin strips
- 1 large unpeeled tart eating apple, sliced
- 1 3/4 cups chicken broth
- 1 (6-ounce) package fast cooking long grain and wild rice mix
- Additional apple slices, if desired

Melt margarine in 12-inch skillet over medium heat. Cook chicken and apple in margarine 10 to 12 minutes, stirring occasionally, until chicken is no longer pink in center.

Stir in broth and rice. Heat to boiling; reduce heat to low. Cover and simmer about 5 minutes or until rice is tender. Top with additional apple slices.

Wednesday

Country Short Ribs

Makes 6 servings

- 3 1/2 to 4 pounds beef short ribs *
- 1 (10 1/2-ounce) can condensed beef broth
- 1/2 cup dry red wine
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon dried marjoram leaves
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 3 tablespoons cold water
- 2 tablespoons all-purpose flour

1. Heat oven to 325°F. Place short ribs in ungreased 13x9-inch (3-quart) baking dish. In small bowl, combine broth, wine, Worcestershire sauce, marjoram, garlic powder and pepper. Pour over ribs in baking dish; cover.

2. Bake at 325°F. for 2 to 2 1/2 hours or until ribs are tender.

3. To prepare gravy, place ribs on platter; cover loosely to keep warm. In small jar with tight-fitting lid, combine cold water and flour; shake well to blend. In medium saucepan over medium-high heat, bring pan drippings to a boil. Skim off fat. Gradually add flour mixture, stirring constantly until mixture thickens and boils. Serve gravy with ribs.

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Thursday

Supreme Pizza and Caesar Salad

1 20 oz frozen Supreme pizza *

1 bag Caesar salad

Prepare pizza and salad as directed on label.

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Friday

Pork Chop Dinner with Bacon and Cider Gravy

Makes 4 servings

- 4 ounces (2 1/2 cups) uncooked extra-wide egg noodles
- 2 cups frozen cut green beans *
- 3 slices bacon, cut into small pieces
- 4 (4-ounce) boneless pork loin chops
- 1/4 cup chopped onions
- 1 cup apple cider or juice
- 1 teaspoon honey mustard
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme leaves
- 1/8 teaspoon pepper
- 1 tablespoon water
- 1 tablespoon cornstarch

1. Cook noodles to desired doneness as directed on package, adding green beans during last 4 minutes of cooking time. Drain; cover to keep warm.
2. Meanwhile, in large skillet, cook bacon over medium heat until brown and crisp. With slotted spoon, remove bacon from skillet; drain on paper towels. Drain and discard all drippings from skillet.
3. Place pork chops in skillet near center. Sprinkle onion around pork chops. Cook 3 to 5 minutes or until pork chops are golden brown, turning once. In small bowl, combine cider, mustard, salt, thyme and pepper; mix well. Pour over chops. Reduce heat to low; cover and cook 10 to 15 minutes or until pork is no longer pink in center.
4. Arrange noodles and green beans on serving platter. Place pork chops on top of noodle mixture; cover to keep warm.
5. In small bowl, combine water and cornstarch; blend until smooth. Add to juices in skillet; mix well. Cook and stir over medium-low heat until bubbly and thickened; boil 1 minute. (If desired, gravy can be strained.)
6. To serve, pour gravy over pork chops and noodles. Sprinkle with bacon.

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Saturday

Beef Tenderloin Steaks with Mushrooms

Makes 4 servings

- 5 (4-ounce) beef tenderloin steaks (filet mignon) *
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic salt
- 1 (12-ounce) package sliced mushrooms
- 4 cloves garlic, chopped
- 1/4 cup plus 2 tablespoons chicken broth (or marsalla wine, optional)

Sprinkle each steak with salt, pepper and garlic powder; set aside. Coat a large skillet with non-stick vegetable spray and heat to medium-high. Add mushrooms and garlic; cook, stirring frequently for 5 minutes or until mushrooms are golden. Remove from heat and set aside. Arrange steaks on a broiler pan about 4 inches below the heat source. Broil for about 4 minutes on each side or to desired doneness. In skillet, reheat mushroom mixture over medium-high heat. Add wine to mixture and bring to a boil; cook for about 2 minutes or until wine is reduced. Place each steak on a serving plate and top with mushroom mixture.

Sunday

Deli Turkey Stack

Makes 4 servings

- 8 slices pumpernickel bread, cut in half
- Lettuce leaves
- 12 ounces deli sliced turkey *
- 2 medium tomatoes, cut into wedges
- 2 hard-cooked eggs, sliced
- 1/2 cup reduced-fat thousand island salad dressing
- Whole ripe olives

Top 4 bread halves with one-fourth of the lettuce, turkey, tomatoes, eggs and dressing. Garnish with olives. Repeat with remaining ingredients.