

Angel Food Menus – Week 1 Of July

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/>

Sunday

Marie Callender's Family Crockpot Dinner

Makes 4 servings

40 ounces Marie Callender's Family Crockpot Dinner

Prepare the Marie Callender's Family Crockpot Dinner as directed on box.

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Monday

Carol's Lemonade Chicken

Makes 4 servings

- 1 cup white rice
- 4 chicken breasts chilled
- 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.

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Tuesday

Pasta Primavera

Makes 7 servings

- 1 12-ounce bag egg noodles wide style
- 1 28-ounce jar spaghetti sauce
- 2 tablespoons olive oil
- 2 carrots large, diced
- 2 zucchini medium, diced
- Salt
- Parmesan cheese

Cook noodles as package directs, drain and mix the noodles with olive oil. In a different pan, bring to a boil the large can of garlic and onion spaghetti sauce. Add the fresh veggies that are already chopped or diced to the sauce. Let them slowly cook for 30 minutes and then mix them all with the noodles. Serve them while hot with parmesan cheese.

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Wednesday

Frankfurter Divan Casserole

Makes 4 servings

- 2 1/2 cups frozen broccoli cut if large
- 1 10 1/2-ounce can cream of mushroom soup condensed
- 5 cheese hot dogs cut in 1/2 -inch pieces
- 2 tablespoons milk
- 1/8 teaspoon black pepper
- 16 round buttery crackers

Preheat oven to 375°.

Cook broccoli according to package directions MW; drain well. Place in a shallow 1 1/2 - quart round baking dish; set aside.

Meanwhile, in a 2-quart saucepan, mix soup, frankfurters, milk, and pepper. Over medium heat, cook 8 minutes or until hot, stirring occasionally. Pour over broccoli.

Bake for 15 to 20 minutes or until center is heated through.

Meanwhile, place crackers in a small reclosable plastic bag. Press out excess air and seal. Using a rolling pin, crush crackers (you will have about 3/4 cup). Sprinkle over baked casserole just before serving.

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Thursday

Tuna Casserole

Makes 6 servings

- 1 (7-ounce) package (1 1/2 cups) uncooked elbow macaroni
- 1 cup milk
- 4 ounces (1 cup) shredded cheddar cheese
- 1 (10 3/4-ounce) can condensed cream of mushroom soup
- 1 (6-ounce) can tuna, drained, flaked
- 1 (4-ounce) can mushrooms pieces and stems, drained
- 2 tablespoons chopped pimiento, if desired
- 2 teaspoons instant minced onions
- 1/2 teaspoon dry mustard
- 1/2 cup crushed potato chips

1. Heat oven to 350°F. Grease 2-quart casserole. Cook macaroni in large saucepan or Dutch oven to desired doneness as directed on package. Drain; return to saucepan.
2. Add all remaining ingredients except potato chips to cooked macaroni; stir to combine. Pour mixture into greased casserole; sprinkle with potato chips.
3. Bake at 350°F. for 25 to 35 minutes or until thoroughly heated.

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Friday

Chicken and Vegetables Supreme

Makes 4 servings

- 1 chicken breast split and skinned (about 3/4 lb.)
- 4 chicken thighs skinned (about 3/4 lb.)
- 2 cups water
- 1/3 cup almond flour
- 4 teaspoons chicken bouillon
- 1 tablespoon dried minced onion
- 1 teaspoon paprika
- 1 teaspoon poultry seasoning ground
- 1/2 teaspoon browning and seasoning sauce
- 1 10-ounce package peas and carrots

1. In a 12 x 8 x 2-inch glass baking dish, arrange chicken breast and thighs with the thickest parts to the outside edges of the dish.
2. In a medium bowl, stir water, flour, bouillon, onion, paprika, poultry seasoning and browning and seasoning sauce until well blended; pour over chicken. Cover tightly with plastic wrap, piercing to allow steam to escape. Microwave at 100% power (700 watts) for 25 minutes or until chicken loses almost all its pink color, rotating dish after 15 minutes.
3. Stir in peas and carrots; rearrange chicken. Re-cover. Microwave at 100% power for 3 to 5 minutes or until the peas and carrots are warm.
4. Remove from oven, cover with foil and let stand for 5 minutes before serving.

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Saturday

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.