

# Angel Food Menus – Week 3 Of July 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**

fresh basil leaves – 1/4 cup  
onions – 1 1/2 medium + 4 green onions  
garlic cloves – 3  
tomatoes – 1

## **[Bakery and Breads]**

French bread – 1 loaf

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

flour – 3 tablespoons  
beef bouillon – 1 teaspoon  
dill weed – 1/2 teaspoon  
salt – 1/8 teaspoon + 1/2 teaspoon  
vegetable oil – 1/2 tablespoon  
chili powder – 1 teaspoon  
pepper – 1/2 teaspoon

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

barbecue sauce, ketchup or ranch if desired

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

egg noodles – 1 pound  
penne pasta – 2 2/3 cups  
tuna helper – 1 package

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

pineapple chunks – 1 can (20 ounces)  
sweet and sour sauce – 1 jar (9 ounces)  
tuna – 1 can (6 ounces)  
condensed cream of mushroom soup – 1 can (10 3/4 ounces)  
tomato sauce – 8 ounces  
kidney beans – 1 can (15 ounces)

pizza sauce – 1 jar (14 ounces)

## **[Dairy]**

sour cream – 1 cup  
refrigerated tomato sauce – 1 container (15 ounces)  
mozzarella cheese – 1/2 cup  
Parmesan cheese – 1/4 cup  
milk – 1/4 cup  
shredded cheddar cheese – 1/2 cup  
eggs – 1  
shredded pizza blend cheese – 2 cups

## **[Frozen]**

fully cooked meatballs – 1 pound  
fully cooked breaded chicken chunks – 1 package (10 ounces)  
broccoli, carrots & water chestnuts – 1 bag (16 ounces)  
green peas – 1 bag (10 ounces)

## **[Meat and Poultry]**

bulk Italian pork sausages – 1/2 pound  
beef short ribs – 1 pound  
boneless skinless chicken breast halves – 1 pound  
ground beef – 1 pound  
bacon – 8 slices

## **[Snacks]**

Sour cream & chive potato chips – 1 cup (may substitute with fish-shaped crackers)  
cheese flavored crackers – 2 cups