

Angel Food Menus – Week 4 Of June

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

Savory Garlic Marinated Steaks

Makes 4 servings

1/2 cup balsamic vinegar

1/4 cup soy sauce

3 tablespoons garlic minced

2 tablespoons honey

2 tablespoons olive oil

2 tablespoons ground black pepper

1 teaspoon Worcestershire sauce

1 teaspoon onion powder

1/2 teaspoon salt

1/2 teaspoon liquid smoke

1 pinch cayenne pepper

4 beef steaks - cut of your choice - rib eye is one of our favorites - but whatever you prefer

1. In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.
2. Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.
3. Preheat grill for medium-high to high heat. (or broil if preferred)
4. Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

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Monday

Honey-Mustard Ham

Makes 4 servings

1/4 cup water

2 tablespoons honey

1 tablespoon Dijon style mustard

1 pound fully cooked smoked ham sliced (about 1 inch thick), cut into 4 serving pieces

1/2 cup sour cream

1 green onion, sliced

1. Mix water, honey and mustard in 10-inch skillet. Add ham. Cover and heat to boiling; reduce heat to low. Simmer about 15 minutes, turning once, until ham is heated through. Remove ham from skillet; keep warm.

2. Stir sour cream into mixture in skillet; heat 1 minute. Pour over ham. Sprinkle with onion.

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Tuesday

Aunt Cora's Orange Chicken

Makes 4 servings

- 1 10 1/2-ounce can chicken broth condensed
- 1 tablespoon tomato paste
- 1 1/2 teaspoons orange rinds grated
- 2 cloves garlic minced
- 1 broiler-fryer chicken (3 1/2 lb.), cut up and skinned
- 2 zucchini small (7 inches each), thinly sliced
- 2 carrots medium, thinly sliced
- 1/4 cup orange juice concentrate
- 2 tablespoons cornstarch
- 2 tablespoons parsley minced

1. In a heavy 10-inch skillet over medium-high heat, bring broth, tomato paste, orange rind and garlic to a boil. Add chicken; reduce heat to low, cover and simmer for 20 minutes. Add zucchini and carrots, cover and simmer for 15 minutes or until vegetables and chicken are tender. Remove chicken to a heated platter, surround with vegetables; cover and keep warm while making sauce.
2. In a small bowl, combine orange juice and cornstarch. Stir into hot mixture in skillet. Stirring, bring to a boil and boil until thickened. Stir in parsley.
3. To serve, spoon sauce over chicken and vegetables.

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Wednesday

Beef Tacos

Makes 4 servings

2/3 pound ground beef
1/2 cup onions chopped
1 clove garlic minced
1 teaspoon chili powder
8 corn tortillas
1 tomato chopped
3/4 cup shredded sharp cheddar cheese
3 cups lettuce shredded
taco sauce
sour cream

1. Combine ground beef, onion, and garlic in medium skillet; cook over medium heat until meat loses its color and onion is soft. Drain fat, if any. Stir in chili powder.
2. Heat tortillas in 350 degree F. oven just until warm.
3. Fill each of the taco shells with meat mixture, tomatoes, cheese, and lettuce. Serve with Taco Sauce and sour cream if desired.

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Thursday

Italian Sausage Calzone

Makes 4 servings

- 1/2 pound bulk Italian sausages
- 1/4 cup chopped onions
- 1/3 cup pizza sauce
- 1 (2-ounce) can mushrooms, stems and pieces, drained
- 2 cups Original Bisquick® baking mix
- 1/3 cup hot water
- 1 tablespoon vegetable oil
- 1 cup shredded mozzarella cheese (4 ounces)
- 1/4 cup grated Parmesan cheese
- 1 egg white

1. Heat oven to 450°.
2. Cook and stir sausage until brown; drain. Stir in onion, pizza sauce and mushrooms; reserve.
3. Mix baking mix, hot water and oil until dough forms. Roll into 12-inch circle on cloth-covered surface dusted with baking mix. Place on ungreased cookie sheet.
4. Top half of the circle with mozzarella cheese, sausage mixture and Parmesan cheese to within 1 inch of edge. Fold dough over filling; press edge with fork to seal. Brush with egg white. Bake until golden brown, 15 to 20 minutes. Cool 5 minutes; cut into wedges.

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Friday

Fiesta Chicken Lasagna

Makes 8 servings

- 9 uncooked noodles (9 ounce)
- 2 (16-ounce) jars thick and chunky salsa
- 1 (12-ounce) package frozen grilled chicken breast patties, thawed and cut into 1/2 inch slices
- 1 (15-ounce) can black beans, rinsed and drained
- 1/4 cup chopped fresh cilantro
- 3 cups shredded Monterey Jack-Colby cheese (12 ounces)

1. Cook and drain noodles as directed on package. Rinse noodles with cold water; drain.
2. Heat oven to 375°. Spread 1/4 cup of the salsa in ungreased rectangular baking dish, 13 x 9 x 2 inches. Layer with 3 noodles and one-third each of the chicken, beans, cilantro, salsa and cheese. Repeat 2 times with remaining noodles, chicken, beans, cilantro, salsa and cheese.
3. Cover and bake 20 minutes. Uncover and bake 15 to 20 minutes or until hot in center. Let stand 10 minutes before cutting.

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Saturday

Cheeseburger and 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

1. Brown ground beef; drain. Stir in soups and pour into an ungreased 13" x 9" baking dish; arrange French fries on top.
2. Bake, uncovered, at 350 degrees for 50 to 55 minutes.