

# Angel Food Menus – Week 2 Of May

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/>

## Sunday

### Bean Soup and Corn Muffins

Makes 4 servings

- 1 16-ounce package bean soup mix
- 1 8-ounce package corn bread and muffin mix

Prepare the bean soup as directed on package.

Prepare the corn muffin mix as directed on package.

Serve the two together.

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## Monday

### Salisbury Steak and Vegetables

Makes 4 servings

- 1 28-ounce package Salisbury steak entree
- 1 16-ounce package cauliflower and carrot blend vegetables

Prepare the Salisbury steak as directed on package.

Prepare the cauliflower and carrot mixed vegetables as directed on package.

Serve together.

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## Tuesday

### Popcorn Chicken and Green Beans with Bacon

Makes 4 servings

- 1 pound popcorn chicken
- 1 pound green beans
- 1 cup water
- 1/2 teaspoon salt
- 6 strips bacon cut into 3/4 inch pieces
- 1 medium onion cut into 1/4 inch slices
- 1/8 teaspoon black pepper

Prepare Popcorn Chicken as directed on package.

Trim ends from beans; cut beans into 2-inch pieces. In a 3-quart saucepan, place green beans, water and salt. Bring to a boil; reduce heat to low, cover and simmer for 15 to 20 minutes or until crisp-tender. Drain well; keep warm if necessary.

Meanwhile, in a medium skillet over medium-high heat, fry bacon until crisp and slightly browned. Remove bacon, drain on paper towels; set aside. Discard all but 1 tablespoon of the drippings.

Over medium heat, sauté onion in drippings for 10 minutes or until soft.

Stir cooked bacon, onion and pepper into beans and heat through.

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## Wednesday

### Barbecued Turkey Bake

Makes 6 servings

- 1 1/2 cups cut-up cooked turkeys
- 1/3 cup chili sauce
- 2 tablespoons honey
- 1 teaspoon soy sauce
- 1/4 teaspoon red pepper sauce
- 1 small onion, sliced and separated into rings
- 1 1/2 cups Original Bisquick®
- 1/3 cup cold water
- 1 cup shredded mozzarella cheese (4 ounces)

Heat oven to 375°. Mix turkey, chili sauce, honey, soy sauce, pepper sauce and onion; set aside.

Mix Bisquick and cold water until dough forms; beat 20 strokes. Roll or pat dough into 12 x 6-inch rectangle on ungreased cookie sheet; pinch edge to form 1/2-inch rim. Spoon turkey mixture onto dough.

Bake 25 minutes or until edge of crust is light brown. Sprinkle with cheese. Bake about 5 minutes or until cheese is melted.

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**Thursday**

**Easy Pasta Skillet**

Makes 6 servings

- 1 pound ground beef
- 2 1/2 cups water
- 3 cups mostaccioli, uncooked
- 26 ounces spaghetti sauce
- 1 1/2 cups mozzarella cheese, divided
- 1/3 cup grated parmesan cheese

Brown meat in large skillet; drain.

Stir in water. Bring to boil; reduce heat to medium-low. Stir in pasta; cover. Simmer 15 minutes or until pasta is tender.

Add spaghetti sauce and 1/2 cup of the mozzarella cheese. Sprinkle with remaining 1 cup mozzarella cheese and the parmesan cheese; cover. Cook 3 minutes or until cheese is melted.

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## Friday

### Thai Chicken with Spicy Peanut Sauce

Makes 4 servings

- 3 tablespoons margarine or butter
- 1 cup Original Bisquick®
- 1 1/2 teaspoons curry powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 4 boneless skinless chicken breast halves (about 1 1/4 pounds)
- 1/3 cup milk
- Spicy peanut sauce (below)
- 2 tablespoons cocktail peanuts, finely chopped

Heat oven to 425°. Melt margarine in rectangular baking dish, 13 x 9 x 2 inches, in oven.

Mix Bisquick, curry powder, garlic powder and ginger. Dip chicken into milk, then coat with Bisquick mixture. Place in dish.

Bake uncovered 20 minutes; turn chicken. Bake about 10 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut. While chicken is baking, make Spicy Peanut Sauce. Serve sauce over chicken. Sprinkle with peanuts.

### Spicy Peanut Sauce

- 1/2 cup plain yogurt
- 1/4 cup creamy peanut butter
- 1/2 cup milk
- 1 tablespoon soy sauce
- 1/8 teaspoon ground red pepper (cayenne)

Mix all ingredients in 10-inch nonstick skillet. Cook over medium heat 3 to 4 minutes, stirring occasionally, until mixture begins to thicken.

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## Saturday

### Filet Mignon with Mushrooms

Makes 4 servings

- 4 (6-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 marsala 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.