

Angel Food Menus – Week 3 Of May

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

Easy College Meatloaf

Makes 4 servings

- 2 pounds ground beef
- 1 6-ounce package seasoned stuffing mix (stovetop)
- 1 cup water
- 2 eggs
- 1/2 cup barbecue sauce
- Salt to taste
- Pepper to taste

Mix all ingredients together in a large bowl except for ¼ cup of barbeque sauce.

Shape mixture into 2 oval loaves.

Place loaves in 9 x 13 baking dish.

Pour remaining ¼ cup of barbeque sauce over the top of both loaves.

Bake at 375 F for 35 minutes.

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Monday

Mozzarella Parmesan Chicken

Makes 10 servings

- 10 6 ounce, boneless, skinless chicken breasts
- 1 (10 3/4-ounce) can cream of celery soup
- 1 (10 3/4-ounce) can cream of mushroom soup
- 1/4 cup water
- 1/4 cup onions, chopped
- 1 clove garlic
- 1/8 teaspoon oregano
- 6 ounces mozzarella cheese
- 3 tablespoons parmesan cheese

Preheat oven to 350 degrees F. Place chicken in 9x13 inch baking dish in a single layer. Cover chicken with the celery soup.

Bake uncovered for 40 minutes. Then turn over and bake for another 30 minutes.

Combine mushroom soup, water, onion, garlic and oregano. Mix together.

Pour the mixture over the chicken and top with mozzarella cheese slices. Sprinkle parmesan over the top and put in the oven for another 20 minutes.

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Tuesday

Flat Bread Pizza and Salad

Makes 4 servings

- 1 flat bread pizza such as Stouffer's
- 1 prepared bag of salad such as Dole Caesar salad

Prepare the pizza as directed on package.

Prepare the salad as indicated on bag.

Serve together.

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Wednesday

Pork Chops with Rice

Makes 4 servings

- 4 to 8 pork chops
- 1 (1 1/2-ounce) package onion soup mix
- 2 cups water
- 2 green peppers, sliced and divided
- 1 cup long-cooking rice, uncooked

Sauté pork chops in a 12" skillet until browned on both sides; remove to a platter. Add soup mix and 2 cups water to same skillet; stir and heat until mix dissolves.

Layer half the green peppers in an ungreased 13" x 9" baking pan; sprinkle with rice. Arrange pork chops on top; pour soup mixture over the pork chops. Top with remaining peppers; cover and bake at 325 degrees for 45 minutes to one hour.

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Thursday

Easy Southwestern Stroganoff

Makes 4 servings

- 1 pound ground beef
- 1 cup water
- 1 (16-ounce) jar thick-and-chunky salsa
- 2 cups uncooked wagon wheel pasta (rotelle) (4 ounces)
- 1/2 teaspoon salt
- 1/2 cup sour cream

Cook beef in 10-inch skillet over medium-high heat about 8 minutes, stirring occasionally, until brown; drain.

Stir water, salsa, pasta and salt into beef. Heat to boiling; reduce heat. Cover and simmer about 15 minutes, stirring occasionally, until pasta is tender.

Stir in sour cream. Cook just until hot.

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Friday

Cantonese Chicken Chop Suey

Makes 4 servings

- 1 cup uncooked regular long grain rice
- 1 pound boneless skinless chicken breast halves
- 1/2 teaspoon peppered seasoned salt
- 1 (14-ounce) can fresh stir-fry vegetables
- 1/3 cup water
- 1/2 cup stir fry sauce
- 1 tablespoon honey
- 2 cups chow mein noodles
- 1/4 cup cashew nuts

Cook rice as directed on package.

While rice is cooking, cut chicken into 1/2-inch pieces. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Add chicken; sprinkle with seasoned salt. Stir-fry 4 to 6 minutes or until brown.

Add vegetables and water to skillet. Heat to boiling; reduce heat to medium. Cover and cook 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in stir-fry sauce and honey; heat through.

Divide rice and noodles among bowls. Top with chicken mixture. Sprinkle with cashews.

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Saturday

Tuna Pasta Casserole

Makes 6 servings

- Crumb Topping (see below) or 2/3 cup crushed potato chips
- 1 1/4 cups uncooked medium pasta shells or elbow macaroni (about 5 ounces)
- 2 tablespoons butter or stick margarine
- 2 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 2 cups milk
- 1 cup shredded sharp process American or cheddar cheese (4 ounces)
- 2 cups cooked broccoli flowerets or 1 cup frozen (thawed) green peas
- 2 (6-ounce) cans (each) tuna in water, drained
- Crumb Topping
- 2/3 cup crushed cereal (Wheaties, Cheerios or Country cornflakes or dry bread crumbs
- 1 tablespoon butter or stick margarine, melted

Heat oven to 350°. Make Crumb Topping; set aside.

Cook and drain pasta as directed on package.

While pasta is cooking, melt butter in 1 1/2-quart saucepan over low heat. Stir in flour and salt. Cook over medium heat, stirring constantly, until smooth and bubbly; remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese until melted.

Mix pasta, broccoli, tuna and sauce in ungreased 2-quart casserole. Cover and bake about 25 minutes or until hot and bubbly. Sprinkle with topping. Bake uncovered about 5 minutes or until topping is toasted.

Crumb Topping

- 2/3 cup crushed cereal (Wheaties®, Cheerios or Country Corn Flakes®) or dry bread crumbs
 - 1 tablespoon butter or stick margarine, melted
- Mix ingredients and sprinkle over top.