

Angel Food Menus – Week 4 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

Popcorn Chicken and Au Gratin Potatoes

Makes 4 servings

- 3 potatoes
- 1/2 onion chopped
- 1/2 green bell pepper chopped fine
- 1 teaspoon salt
- 2 teaspoons margarine
- 1/4 cup flour
- 1 3/4 cups milk
- 3/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 1/2 cups cooked ham cubed
- 3/4 cup cheddar cheese grated
- 1 pound popcorn chicken

Prepare Popcorn Chicken as directed on package.

Peel potatoes and cut into bite-size pieces. In saucepan, mix potatoes with onion, green pepper, and 1 teaspoons salt, and cover with water. Bring to boil. Turn off heat and let set for 5 minutes. Drain and spread potatoes in 9x9-inch baking pan.

Make white sauce by melting margarine in saucepan. Stir in flour to make a paste. Add milk, 3/4 teaspoons salt, and pepper, and stir and cook till thickened. Mix in cubed ham and 3/4 cup grated cheese. Pour over potatoes. Top with remaining cheese.

Bake at 350 degrees F. for 35 to 40 minutes.

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Monday

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.

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Tuesday

Pork Roast with Vegetables and Brown Gravy

Makes 8 servings

- 1 (2-pound) boneless pork loin roast
- 1 small onion, thinly sliced
- 2 teaspoons dried parsley flakes
- 1/2 teaspoon dried marjoram leaves
- 1/2 teaspoon dried rosemary leaves
- 1/4 teaspoon crushed red pepper flakes
- 1 (14 1/2-ounce) can ready-to-serve beef broth
- 1/8 teaspoon pepper
- 1 bay leaf
- 1 pound fresh baby carrots
- 8 small red potatoes, unpeeled, quartered
- 1 tablespoon water
- 4 teaspoons cornstarch

Heat oven to 325°F. With sharp knife, make 6 horizontal cuts down center of roast, each 2 inches long and 2 inches deep. Stuff each cut with slices of onion; reserve any remaining onion. Place roast in ovenproof Dutch oven.

In small bowl, combine parsley, marjoram, rosemary and crushed red pepper flakes; sprinkle evenly over top of roast. Insert meat thermometer into thickest part of roast without touching fat. Pour broth around roast.

Place reserved onion slices, pepper and bay leaf in broth in Dutch oven. Arrange carrots and potatoes around roast; cover. Bake at 325°F. for 1 3/4 to 2 hours or until meat thermometer registers 160°F.

Remove roast from Dutch oven; place on serving platter. With slotted spoon, remove vegetables and arrange around roast; cover to keep warm.

Bring pan juices in Dutch oven to a boil. Boil 10 to 12 minutes or until reduced to half. Remove and discard bay leaf.

In small bowl, combine water and cornstarch; blend until smooth. Add to pan juices; cook and stir until mixture is bubbly and thickened. (If desired, gravy can be strained.) Serve gravy with roast and vegetables.

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Wednesday

Beef and Bean Burritos with Spanish Rice

Makes 4 servings

- 1 3/4 cups white rice
- 1 cup onions
- 1 clove garlic minced
- 1 tablespoon vegetable oil
- 1 10 1/2-ounce can chicken broth
- 1 15-ounce can tomato sauce
- 1/2 cup green bell peppers
- 4 10 ounce beef and bean burritos

Prepare burritos as directed on package.

In 10" skillet, over medium heat, cook rice, onion, green pepper and garlic in hot oil for 5-7 minutes, until golden. Add broth, sauce, and pepper. Bring to a boil then transfer to a 2 quart casserole dish.

Cover and bake at 350° for 35 minutes. Serve burritos and rice together.

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Thursday

Pasta Twists with Gorgonzola

Makes 4 servings

8 ounces corkscrew pasta
1 red bell pepper medium or green pepper, cut in short thin strips
1 tablespoon butter or margarine
4 ounces gorgonzola cheese crumbled
1/2 cup milk
1/3 cup whipped cream
2 tablespoons butter or margarine
1/2 cup parmesan cheese grated
Black pepper

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 red or green pepper in butter or margarine for 3 minutes or until crisp-tender; set aside.

In a 1-quart saucepan over medium heat, whisk cheese, milk, cream and butter or margarine until cheese melts and mixture is smooth.

Pour sauce over drained macaroni in pot. Sprinkle with Parmesan cheese; toss to coat evenly. Cover and let stand for 10 minutes to allow sauce to thicken.

Before serving, toss pasta again. Pour into a large serving dish. Sprinkle with pepper. Garnish with reserved pepper strips, parsley sprigs and additional crumbled Gorgonzola if desired.

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Friday

Tuna Pot Pie

Makes 4 servings

1 sheet puff pastry shells 1/2 of a 17 1/4 ounce package thawed

Milk

2 potatoes medium, peeled and cubed (2 cups)

1 10-ounce package peas and carrots

1 package mushroom sauce (7/8 oz. to 1 oz.)

1 1/4 cups milk for sauce

1/2 teaspoon salt

1/4 teaspoon black pepper

1 9 1/2-ounce can tuna chunk, drained

Preheat oven to 375°.

Place puff pastry on a sheet of waxed paper. Press seams together. Invert a 9 x 2-inch round baking dish onto puff pastry and cut out a 9-inch circle. Place circle on an ungreased baking sheet. Brush top of pastry with milk. Bake for 18 to 20 minutes or until puffed and golden. Cool.

Meanwhile, in a 2-quart saucepan, cook potatoes in boiling salted water for 5 minutes or until partially tender. Add peas and carrots. Return to a boil and simmer over low heat for 5 to 7 minutes or until all vegetables are tender; drain well. Keep warm.

Meanwhile, in a small saucepan, prepare sauce using 1 1/4 cups milk, salt and pepper. Stir into drained vegetables. Stir in tuna. Pour mixture into baking dish. Top with baked pastry. Bake for 10 minutes or until edges are bubbly.

"For a more seasoned mixture, add 2 teaspoons dried parsley flakes and 1/2 teaspoon dried thyme leaves, crushed, to the sauce."

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Saturday

Breaded Chicken Breast Fillets with Bistro Style Potatoes

Makes 4 servings

- 1 pound Chicken Breast Fillets
- 4 slices bacon
- 1 onion medium, halved and sliced
- 1 bay leaf large, broken in half
- 1/2 teaspoon dried thyme crushed
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 4 potatoes sliced 1/8 inch thick, about 1 -1 1/2 pounds
- 1/4 cup hot water
- 1 teaspoon chicken bouillon
- Chopped Parsley (optional)

Prepare Breaded Chicken Breast Fillets as directed on package.

For potatoes, preheat oven to 350°.

In a large skillet over medium heat, sauté bacon until almost done. Remove bacon and set aside. Drain off and reserve bacon drippings. Return skillet to heat.

Add onion, 1 tablespoon of the bacon drippings, bay leaf, thyme, salt and pepper. Sauté onion until limp. Remove onion and bay leaf; set aside.

Sauté potatoes in 1 tablespoon of the bacon drippings, adding more if needed, for 5 minutes or until potatoes begin to brown on edges. Stir in bacon and onion. Transfer to a shallow 1 1/2 -quart baking dish or 9-inch pie plate.

In a small bowl, stir water and bouillon granules. Pour evenly over potato mixture.

Bake for 30 to 35 minutes or until potatoes are tender and top is golden. Remove bay leaf. If desired, sprinkle with parsley.