

Angel Food Menus – Week 1 Of October Shopping List

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/>

[Fresh Produce] Fruits and Vegetables

onions – 4 + 1 tablespoon
green pepper – 2
garlic cloves – 1
mushrooms – 8 ounces
soft tofu – 1/2 pound
celery – 1/2 cup
apples – 2 cups
parsley sprigs

[General Grocery] Cooking and Baking

rosemary or coriander – 1/2 teaspoon
pepper – 1/4 teaspoon
vegetable oil – 1 tablespoon
chili powder – 2 to 3 teaspoons
salt – 1 1/4 teaspoons
poppy seeds – 1 tablespoon

[General Grocery] Condiments and Sauces

Russian salad dressing – 1 bottle (8 ounces)

[General Grocery] Canned and Bottled

chili beans in gravy – 2 cans (16 ounces each)
whole kernel corn – 1 can (15 1/4 ounces)
stewed tomatoes – 1 can (16 ounces)
green chilies – 2 cans (4 ounces each)
tomato sauce – 1 can (15 ounces)
marinara sauce or spaghetti sauce – 1 jar (15 1/2 ounces)

apricot preserves – 1/3 cup

[General Grocery] Dry Foods & Mixes

corn break and muffin mix – 1 box (15 ounces)
mostaccioli or ziti – 2 cups uncooked
dry onion soup mix – 1 box (1 1/2 ounces)
seasoned stuffing mix – 2 cups

[General Grocery] Cereal & Breakfast

cornflake crumbs – 1/2 cup

[Dairy]

butter – 2 tablespoons + 1/3 cup
milk – 1/2 cup skim
nonfat ricotta cheese – 1 cup
low-fat plain yogurt – 1/2 cup
shredded mozzarella cheese – 1 cup
Parmesan cheese

[Meat and Poultry]

chicken – 10 to 12 (boneless skinless breast halves)
ground beef – 3 pounds
ground turkey – 1 1/2 pounds
pork tenderloin – 2 (3/4 lb. each)
bacon – 4