

Angel Food Menus – Week 3 Of October

By www.HillbillyHousewife.com

Sunday

Barbecue Beef Sandwiches

Makes 12 servings

- 3 pounds boneless beef chuck roast, trimmed of fat
- 1 cup barbecue sauce
- 1/2 cup apricot, orange or peach preserves
- 2 tablespoons chopped red or green bell peppers
- 1 tablespoon Dijon mustard
- 2 teaspoons packed brown sugar
- 1 small onion, sliced
- 12 Kaiser or hamburger buns, split

1. Cut beef into 4 pieces. Place beef in 4- to 5-quart slow cooker. Mix remaining ingredients except buns; pour over beef.
2. Cover and cook on low heat setting 7 to 8 hours.
3. Remove beef from cooker; place on cutting board. Cut beef into thin slices. Stir beef into sauce in cooker. Cover and cook on low heat setting 20 to 30 minutes or until beef is hot. Fill buns with beef mixture.

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Monday

Sweet and Sour Chicken

Makes 4 servings

- 1 (10-ounce) package frozen breaded fully cooked chicken chunks
- 1/4 cup water
- 1 (16-ounce) bag frozen chopped broccoli, carrots and water chestnuts
- 1 (20-ounce) can pineapple chunks, drained
- 1 (9-ounce) jar sweet and sour sauce (1 1/4 cups)

Prepare chicken chunks as directed on package. While chicken is baking, heat water to boiling in 3-quart saucepan. Add frozen vegetables; reduce heat to medium. Cover and cook 5 to 6 minutes or until hot; drain. Return vegetables to saucepan.

Stir chicken, pineapple and sweet-and-sour sauce into vegetables in saucepan. Cook over medium heat 3 to 4 minutes, stirring occasionally, until hot.

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Tuesday

Hot Dog Casserole

4 SERVINGS

- 1 1/3 cups instant potato flakes or dry mashed potato mix
- 1 1/3 cups water
- 1/3 cup milk
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1/4 cup sweet pickle relish
- 2 tablespoons mayonnaise or salad dressing
- 1 tablespoon instant dried minced onion
- 2 teaspoons mustard
- 4 to 6 hot dogs

1. Heat oven to 350°. Make mashed potatoes as directed on package, using water, milk, butter and salt. Stir in relish, mayonnaise, onion and mustard. Spread in ungreased 1-quart casserole.
2. Cut each frank lengthwise in half, then crosswise in half. Insert frank pieces around edge of mashed potatoes.
3. Bake uncovered 25 to 30 minutes or until center is hot.

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Wednesday

Penne with Cheesy Tomato Sauce

Makes 5 servings

- 2 2/3 cups uncooked penne pasta
- 1/2 pound bulk Italian pork sausages
- 1 (15-ounce) container refrigerated tomato sauce
- 1/4 cup shredded fresh basil leaves
- 1/2 cup diced mozzarella cheese (2 ounces)
- 1/4 cup shredded fresh Parmesan cheese (1 ounce)

1. Cook and drain pasta as directed on package.
2. While pasta is cooking, cook sausage in 3-quart saucepan over medium heat about 8 minutes, stirring occasionally, until no longer pink; drain.
3. Stir pasta sauce into sausage. Heat to boiling; reduce heat to medium-low. Stir in basil and mozzarella cheese. Cook 1 to 2 minutes or until cheese is slightly melted. Serve sauce over pasta. Sprinkle with Parmesan cheese.

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Thursday

Orange Teriyaki Beef with Noodles

Makes 4 servings

- 1 pound beef boneless sirloin
- 1 (14-ounce) can beef broth
- 1/4 cup teriyaki sauce
- 2 tablespoons orange marmalade
- Dash of ground red pepper (cayenne)
- 1 1/2 cups frozen snap peas (from 1-pound bag)
- 1 1/2 cups uncooked fine egg noodles (3 ounces)

1. Cut beef into thin strips (beef is easier to cut if partially frozen, about 1 1/2 hours). Spray 12-inch skillet with cooking spray; heat over medium-high heat. Cook beef in skillet about 4 minutes, stirring occasionally, until brown. Remove beef from skillet; keep warm.
2. Mix broth, stir-fry sauce, marmalade and red pepper in skillet. Heat to boiling. Stir in peas and noodles; reduce heat to medium. Cover and cook about 5 minutes or until noodles are tender.
3. Stir beef into noodle mixture. Cook uncovered 2 to 3 minutes or until sauce is slightly thickened.

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Friday

Fresh Herb Chicken

Makes 4 servings

- 4 boneless skinless chicken breast halves
- 1 tablespoon margarine or butter
- 1/4 cup dry white wine or chicken broth
- 2 tablespoons chopped fresh basil, dill or chives
- 1/4 teaspoon salt

1. Flatten chicken breasts to 1/4-inch thick between plastic wrap or waxed paper (see ALL ABOUT CHICKEN, 04-How to Flatten Chicken Breasts).
2. Melt 1 tablespoon margarine or butter in 12-inch nonstick skillet over medium heat. Add chicken and brown on each side.
3. Add 1/4 cup dry white wine or chicken broth, 2 tablespoons chopped fresh basil, dill or chives and 1/4 teaspoon salt. Cook about 8 minutes; turning chicken once, or until chicken is no longer pink in center.

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Saturday

Cincinnati Chili

Makes 6 servings

10 ounces uncooked spaghetti
1 tablespoon vegetable oil
1 pound ground turkey breast tenderloin
1 medium onion, chopped (1/2 cup)
1 clove garlic, finely chopped
1 (26-ounce) jar chunky vegetable-style tomato sauce
1 (15-ounce) can kidney beans, rinsed and drained
2 tablespoons chili powder
1/2 cup shredded cheddar cheese (2 ounces), if desired
3 medium green onions, sliced, if desired

1. Cook and drain spaghetti as directed on package.
2. While spaghetti is cooking, heat oil in 10-inch skillet over medium heat. Cook turkey, onion and garlic in oil about 6 minutes, stirring occasionally, until turkey is no longer pink.
3. Stir in pasta sauce, beans and chili powder; reduce heat. Simmer uncovered 10 minutes, stirring occasionally. Serve sauce over spaghetti. Sprinkle with cheese and green onions.