

# Angel Food Menus – Week 4 Of October Shopping List

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/>

## **[Fresh Produce] Fruits and Vegetables**

onions – 3 + 1 1/2 cups  
green chilies – 2 (optional)  
carrots – 2  
celery – 1 stalk + 1 cup  
mushrooms – 4 ounces + 1 1/2 cups  
fresh parsley – 4 tablespoons + 1/2 cup  
lemon peels – 1/2 teaspoon  
garlic cloves – 2

## **[Bakery & Bread]**

flour tortillas – 8 to 10  
soft white bread crumbs – 1/2 cup  
corn tortillas – 12

## **[General Grocery] Beverages**

dry sherry – 2 tablespoons (optional)

## **[General Grocery] Cooking and Baking**

chicken bouillon – 1 cup (may substitute with chicken broth)  
seasoned salt – 1/2 teaspoon  
flour – 7 tablespoons  
thyme – 1/4 teaspoon  
salt – 2 teaspoons  
pepper – to taste + 1/4 teaspoon  
garlic powder – 1/8 teaspoon  
vegetable oil  
sage – 1 tablespoon

## **[General Grocery] Condiments and Sauces**

ketchup – 3 tablespoons  
taco sauce – 1/3 cup  
red enchilada sauce – 2 cans (10 ounces each)

## **[General Grocery] Canned and Bottled**

cream of chicken soup – 3 cans (10 1/2 ounces each)  
tomatoes with chilies – 1 can (10 ounces)  
ready-to-serve beef broth – 1 can (14 1/2 ounces) + 1 1/2 cups  
olives – 1 cup + 1/2 cup green stuffed olives  
refried beans – 1 can (16 ounces)  
green chili salsa  
chicken broth – 2 1/2 cups + 1/3 cup  
evaporated milk – 1 can (5 ounces)  
mushrooms – 8 ounces

## **[General Grocery] Dry Foods & Mixes**

noodles – optional  
Pepperidge Farm seasoned stuffing mix – 4 1/2 cups  
spaghetti – 8 ounces

## **[Dairy]**

shredded cheddar cheese – 5 cups  
butter or margarine – 5 tablespoons + 1/4 cup + 1/2 cup real butter  
milk – 1 1/2 cups  
eggs – 4  
sour cream – 2 cups  
Parmesan cheese – 1/2 cup

## **[Frozen]**

petite peas – 1 package (10 ounces)

## **[Meat and Poultry]**

chicken – 3 cups  
pork tenderloin – 1 pound  
bulk pork sausages – 1/3 pound  
diced turkey – 2 cups  
ground beef – 1 1/2 pounds  
chicken breasts – 4

