

Angel Food Menus – Week 1 Of September

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

Pork Chop and Potato Skillet

Makes 6 servings

- 6 pork loin rib chops, 1/2 inch thick (about 1 1/2 pounds)
- 1 (10 3/4-ounce) can condensed cream of mushroom soup
- 1 (4-ounce) can mushrooms pieces and stems, undrained
- 1/4 cup water
- 2 tablespoons dry white wine or apple juice
- 3/4 teaspoon chopped fresh or 1/4 tsp dried thyme leaves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Worcestershire sauce
- 6 medium new potatoes (about 1 1/2 pounds), cut into fourths
- 1 tablespoon diced pimiento
- 1 (16-ounce) bag frozen green peas, rinsed and drained

1. Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet, turning once, until brown.
2. Mix soup, mushrooms, water, wine, thyme, garlic powder and Worcestershire sauce; pour over pork. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 15 minutes.
3. Add potatoes. Cover and simmer 15 minutes. Stir in pimiento and peas. Cover and simmer about 10 minutes, stirring occasionally, until peas are tender and pork is slightly pink when cut near bone.

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Monday

Super-Easy Chicken

Makes 4 servings

2 tablespoons vegetable oil

1 pound boneless skinless chicken breast halves, cut into 1-inch pieces

3 cups cut-up assorted vegetables (bell pepper, broccoli flowerets, shredded carrots)

1 clove garlic, finely chopped

1/2 cup stir fry sauce

Hot cooked vermicelli or rice, if desired

1. Heat 1 tablespoon of the oil in 12-inch skillet or wok over high heat. Add chicken; stir-fry about 3 minutes or until no longer pink in center. Remove from skillet. Heat remaining 1 tablespoon oil in skillet. Add vegetables and garlic; stir-fry about 2 minutes or until vegetables are crisp-tender. Add chicken and stir-fry sauce. Cook and stir about 2 minutes or until heated through. Serve with vermicelli.

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Tuesday

Cheeseburger & Fries Casserole

Makes 6 servings

- 2 pounds ground beef
- 1 (10 3/4-ounce) can golden mushroom soup
- 1 (10 3/4-ounce) can Cheddar cheese soup
- 1 (20-ounce) package French fries, frozen potatoes

1. Brown ground beef; drain. Stir in soups and pour into an ungreased 13" x 9" baking dish; arrange French fries on top.
2. Bake, uncovered, at 350 degrees for 50 to 55 minutes.

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Wednesday

Bean Burritos with Salsa Mexicana

Makes 10 burritos and 1-1/2 cups salsa.

Salsa:

- 1 1/2 tomatoes, medium, ripe
- 1/4 cup jalapeño peppers, diced
- 1/2 onion, diced
- 1 tablespoon cilantro, chopped
- 1 green onion, chopped

Filling:

- 2 1/2 cups pinto beans dried
- 6 cups water
- 2 onions diced
- 1 pinch salt, optional
- 10 flour tortillas

1. Blend the ingredients for the salsa in a small bowl. Refrigerate.
2. Wash and drain the beans. In a large pot bring the beans, water, onions, and salt to a boil. Lower the heat, cover, and simmer, adding more water if necessary, until the beans are tender and will mash easily (approximately 3 hours).
3. Drain and mash the beans with a potato masher or electric mixer.
4. Preheat oven to 350 degrees. Wrap the tortillas in foil and heat in oven for 8 to 10 minutes. Spoon some of the bean mixture onto each tortilla, top with green onions and salsa, and roll into a burrito.

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Thursday

Sweet and Sour Pork

Makes 8 servings

2 pounds boneless pork loin, top loin
Vegetable oil
1/2 cup all-purpose flour
1/4 cup cornstarch
1/2 cup cold water
1/2 teaspoon salt
1 large egg
1 (20-ounce) can pineapple chunks in syrup, drained and syrup reserved
1/2 cup packed brown sugar
1/2 cup white vinegar
1/2 teaspoon salt
2 teaspoons soy sauce
2 medium carrots, cut into thin-diagonal slices
1 clove garlic, finely chopped
2 tablespoons cornstarch
2 tablespoons cold water
1 medium green bell pepper, cut into 3/4-inch pieces
8 cups hot cooked rice

1. Remove fat from pork. Cut pork into 3/4-inch pieces. Heat 1 inch oil in deep fryer or 4-quart Dutch oven to 360°.
2. Beat flour, 1/4 cup cornstarch, 1/2 cup cold water, 1/2 teaspoon salt and the egg in large bowl with hand beater until smooth. Stir pork into batter until well coated.
3. Add pork pieces, one at a time, to oil. Fry about 20 pieces at a time about 5 minutes, turning 2 or 3 times, until golden brown. Drain on paper towels; keep warm.
4. Add enough water to reserved pineapple syrup to measure 1 cup. Heat syrup mixture, brown sugar, vinegar, 1/2 teaspoon salt, the soy sauce, carrots and garlic to boiling in Dutch oven; reduce heat. Cover and simmer about 6 minutes or until carrots are crisp-tender.
5. Mix 2 tablespoons cornstarch and 2 tablespoons cold water; stir into sauce. Add pork, pineapple and bell pepper. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve with rice.

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Friday

Roast Chicken and New Potatoes

Makes 4 servings

- 1 1/2 to 2 pounds broiler-fryer chicken pieces, skin removed
- 1 pound new potatoes, cut into fourths
- 2 tablespoons chopped fresh or 2 tsp dried basil leaves
- 1 tablespoon chopped fresh or 1/2 tsp dried thyme leaves
- 3 tablespoons olive or vegetable oil
- 1 teaspoon garlic salt

1. Heat oven to 375°.
2. Place chicken and potatoes in ungreased rectangular pan, 13 x 9 x 2 inches. Mix remaining ingredients; sprinkle over chicken and potatoes.
3. Cover and bake 30 minutes. Turn chicken and potatoes. Bake uncovered 20 to 30 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.

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Saturday

Meat Loaf

Makes 6 servings

- 1 1/2 pounds lean ground beef
- 1 cup milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chopped fresh or 1/4 tsp dried sage leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/4 teaspoon pepper
- 1 clove garlic, finely chopped, or 1/8 tsp garlic powder
- 1 large egg
- 3 slices bread, torn into small pieces
- 1 small onion, chopped (1/4 cup)
- 1/2 cup ketchup, chili sauce or barbecue sauce

1. Heat oven to 350°.
2. Mix all ingredients except ketchup. Spread mixture in ungreased loaf pan, 8 1/2 X 4 1/2 X 2 1/2 or 9 X 5 X 3 inches, or shape into 9 X 5-inch loaf in ungreased rectangular pan, 13 X 9 X 2 inches. Spread ketchup over top.
3. Insert meat thermometer so tip is in center of loaf. Bake uncovered 1 hour to 1 hour 15 minutes or until beef is no longer pink in center, juice is clear and thermometer reads at least 160°. (Also see Recommended Meat Doneness)** Drain meat loaf.
4. Let stand 5 minutes; remove from pan.