

# Angel Food Menus – Week 1 Of May

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/>

## Sunday

### Cheesy Beef Spirals

Makes 8 servings

- 2 cups spiral pasta
- 1 1/2 pounds ground beef
- 1 onion chopped
- 1 clove garlic minced
- 1 26-ounce jar spaghetti sauce
- 1 4 1/2-ounce can sliced mushrooms drained
- 1/2 cup sour cream
- 1/2 pound process American cheese cubed (such as Velveeta)
- 2 cups shredded mozzarella cheese

1. Cook pasta according to package directions.
2. Meanwhile, in a large saucepan, cook the beef, onions and garlic over medium heat until meat is no longer pink; drain.
3. Stir in spaghetti sauce and mushrooms; bring to a boil. Reduce heat; cover and simmer for 20 minutes.
4. Place 1/2 C. meat sauce in a greased shallow 2 1/2 quart baking dish.
5. Drain Pasta; place half over sauce. Top with half the remaining meat sauce; spread with sour cream. Top with the American Cheese, remaining pasta and meat sauce. Sprinkle with Mozzarella Cheese.
6. Cover and bake at 350 degrees for 25-30 minutes. Uncover, bake 5-10 minutes longer or until bubbly.

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**Monday**

**Baked Tuna Supreme**

Makes 2 servings

- 1 can tuna in water (unsalted)
- 1 cup chopped celery
- 1/2 cup chopped onions
- 1 tablespoon chopped parsley
- 1 egg
- 1 tablespoon unsalted mayonnaise (optional)
- 1 cup GRAINFIELDS Wheat Flakes or cornflakes (crushed finely)

In large bowl combine tuna, celery, onion, parsley, Grainfield's Wheat Flakes and /or Corn Flakes (crushed), egg, and mayonnaise. Shape into loaf and bake 1/2 hour at 350.

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## Tuesday

### Sweet Sour Chicken Nuggets

Makes 4 servings

- 1 medium sweet red pepper cut into small chunks
- 1/2 cup onions chopped (optional)
- 1-2 tablespoons vegetable oil
- 1 14 1/2-ounce can chicken broth
- 1/2 cup maple syrup
- 1/4 cup cider vinegar
- 1 tablespoon soy sauce
- 1 8-ounce can pineapple chunks
- 2-3 tablespoons cornstarch
- 2 1/2 cups frozen chicken nuggets thawed

1. In a skillet, sauté pepper and onion in oil until crisp-tender; remove and keep warm.
2. Add broth, syrup, vinegar and soy sauce to the skillet; bring to a boil.
3. Drain pineapple, reserving juice; set pineapple aside.
4. Combine cornstarch and pineapple juice until smooth; gradually add to broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken nuggets; cook for 2 minutes. Stir in the pineapple and the sautéed vegetables; heat through.

Serve over rice

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## Wednesday

### Cheeseburger and 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

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

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**Thursday**

**Pasta Primavera**

Makes 4 servings

- 2 cups broccoli florets
- 1 can low fat cream of mushroom soup (or cream of chicken)
- 1 carrot julienned
- 1/2 cup skim milk
- 1/4 cup grated parmesan cheese
- 1 clove garlic minced
- 1/8 teaspoon pepper
- 3 cups cooked spaghetti

1. In a large saucepan, combine the first seven ingredients. Cook uncovered over medium heat until vegetables are tender - about 12 minutes.
2. Stir in Spaghetti - heat through

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## Friday

### Chicken Potato Bake

Makes 4 servings

- 1 broiler-fryer chicken cut in pieces (approx. 3 pounds)
- 1 pound red potatoes cut in chunks
- 1/2 cup Italian salad dressing
- 1 tablespoon Italian seasoning
- 3/4 cup grated parmesan cheese

1. Place chicken in a greased 13x9 inch baking dish. Arrange potatoes around chicken.
2. Drizzle with dressing, Sprinkle with Italian Seasoning and Parmesan Cheese.
3. Cover and bake at 400 degrees for 20 minutes. Uncover and bake 20-30 minutes longer or until potatoes are tender and chicken juices run clear.

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## Saturday

### Curly Noodle Pork Supper

Makes 4 servings

- 1 pound pork tenderloin cut into 1/4" strips
- 1 medium sweet red pepper cut into 1" pieces
- 1 cup broccoli florets
- 2 green onions chopped
- 1 tablespoon vegetable oil
- 1 1/2 cups water
- 2 packages pork ramen noodles
- 1 tablespoon fresh parsley minced
- 1 tablespoon soy sauce

1. In a large skillet, cook pork, red pepper, broccoli and onions in oil until meat is no longer pink.
2. Add the water, noodles with contents of the seasoning packets, parsley and soy sauce.
3. Bring to a boil, reduce heat, cook for 3-4 minutes or until noodles are tender.