

# Angel Food Menus – Week 3 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

### **Crispy Pork with Sweet and Sour Vegetables**

Makes 4 servings

1/2 pound pork tenderloin

1 egg white, lightly beaten

1 teaspoon water

34 crisp rice crackers, crushed (1/2 cup)

1/4 teaspoon garlic powder

1/4 teaspoon ground dry mustard

1 teaspoon sesame oil or vegetable oil

1 pound package frozen mixed vegetables, stir fry, with sweet-and sour sauce and pineapple

Trim fat from pork. Cut pork crosswise into 1/4-inch slices; stack slices and cut lengthwise into 1/2-inch strips. Mix egg white and water in medium bowl. Stir in pork until well coated. Mix crushed crackers, garlic powder and mustard in plastic bag or glass bowl. Add a few pork strips at a time; toss to coat evenly. Spray 12-inch nonstick skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add sesame oil; rotate skillet to coat bottom. Reduce heat to medium. Place pork strips flat in skillet; cook 2 to 3 minutes or until brown on bottom. Turn pork. Cook 2 to 3 minutes more or until no longer pink in center. Remove pork from skillet. Wipe skillet clean. Add frozen vegetables and sauce. Cover and cook 7 to 10 minutes, stirring frequently, until vegetables are crisp-tender and sauce is hot. Gently stir in pork strips just until well coated with sauce. Serve immediately.

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## Monday

### French Style Roast Beef

Makes 8 servings

- 3 pounds boneless beef chuck roast or rolled rump
- 1 teaspoon salt
- 1 tablespoon chopped fresh or 1 teaspoon dried thyme leaves
- 1 bay leaf
- 1 clove large garlic, cut into fourths
- 6 whole cloves
- 5 peppercorns
- 4 cups water
- 4 medium carrots, cut crosswise in half
- 2 medium onions, cut into fourths
- 2 medium turnips, cut into fourths
- 2 medium stalks celery, cut into 1-inch pieces

Place beef roast, salt, thyme, bay leaf, garlic, cloves and peppercorns in 4-quart Dutch oven; add water. Heat to boiling; reduce heat. Cover and simmer 2 1/2 hours. Add remaining ingredients. Cover and simmer about 30 minutes or until beef and vegetables are tender. Remove beef; cut into 1/4-inch slices. Serve vegetables with beef. Strain broth; serve with beef and vegetables.

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**Tuesday**

**Corn Dogs and Sweet Corn**

Makes 6 servings

- 1 pound corn dogs (about 6)
- 1 20-ounce package sweet corn

Prepare the corn dogs as instructed on package. Prepare sweet corn as directed on package. Serve together and enjoy!

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**Wednesday**

## **Snappy Meat and Potato Skillet**

Makes 4 servings

- 1 pound boneless beef sirloin steaks
- 1 tablespoon vegetable oil
- 1 teaspoon garlic pepper
- 1 (16-ounce) bag frozen green beans, potatoes, onions and red peppers
- 1 (12-ounce) jar beef gravy

Cut beef into thin strips (beef is easier to cut if partially frozen, about 1 1/2 hours). Heat oil and garlic pepper in 10-inch nonstick skillet over medium-high heat. Cook beef in oil, stirring occasionally, until brown. Stir in vegetables and gravy; reduce heat to medium. Cover and simmer 7 to 9 minutes, stirring occasionally, until vegetables are crisp-tender.

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**Thursday**

## **Ham and Swiss Stromboli**

Makes 6 servings

- 1 11-ounce tube refrigerated French bread
- 6 ounces thinly sliced deli ham
- 6 green onions sliced
- 8 strips bacon cooked and crumbled
- 1 1/2 cups shredded Swiss cheese

1. Unroll dough on a greased baking sheet.
2. Place ham over dough to within 1/2 inch of edges; sprinkle evenly with onions, bacon and cheese.
3. Roll up jelly roll style, starting with a long side. Pinch seams to seal and tuck ends under.
4. Place seam side down on baking sheet. With a sharp knife, cut several 1/4" slits on top of loaf.
5. Bake at 350 degrees for 25-30 minutes or until golden brown. Cool slightly before slicing.

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**Friday**

## **Chicken and Orange Glaze**

Makes 6 servings

- 3 to 3 1/2 pounds broiler-fryer chicken
- 1/2 cup honey
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1/4 teaspoon ground nutmeg

Heat oven to 375°. Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail. Place chicken, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone. Roast uncovered 1 hour 15 minutes. Mix remaining ingredients; reserve half of the orange mixture. Brush some of remaining orange mixture on chicken. Roast uncovered about 15 minutes longer, brushing once or twice with remaining orange mixture, until thermometer reads 180° and juice of chicken is no longer pink when center of thigh is cut. Serve chicken with reserved orange juice mixture.

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**Saturday**

## **Apricot Glazed Pork**

Makes 4 servings

- 1 tablespoon chili oil
- 1 pound pork tenderloin, cut into 2x2x1/4-inch slices
- 1 (16-ounce) bag frozen broccoli cauliflower and carrots
- 3 tablespoons apricot preserves
- 1 tablespoon black beans sauce

Heat wok or 12-inch skillet over high heat until hot. Add oil; rotate wok to coat sides. Add pork; stir-fry 4 to 5 minutes or until no longer pink. Add vegetables; stir-fry 2 minutes. Stir in preserves and black bean sauce; cook and stir 30 seconds or until heated through.