

Angel Food Menus – Week 4 Of May

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

Smothered Chopped Beef Steak

Makes 4 servings

- 1 tablespoon olive oil or vegetable oil
- 5 8 ounce chopped beef steaks
- 1/4 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1 tablespoon butter
- 2 large shallots minced
- 1 8-ounce package sliced fresh mushrooms (about 3 cups)
- 1/4 cup beef broth

1. Heat oil in large skillet over medium-high heat until hot. Add steaks; sprinkle with salt and pepper. Cook steaks until of desired doneness, turning once. Remove steaks from skillet; cover to keep warm.

2. Add butter and shallots to skillet; cook and stir until shallots are tender. Add mushrooms and wine; cook 3 to 5 minutes, stirring occasionally. Add broth; cook until thoroughly heated. Serve over steaks.

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Monday

Skillet Pork Stew

Makes 4 servings

- 1 pound boneless pork loin, cut into 1/2-inch pieces
- 1 (12-ounce) jar pork gravy
- 2 tablespoons ketchup
- 8 unpeeled small red potatoes, cut into fourths
- 1 cup fresh or frozen cut green beans

1. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 3 to 5 minutes, stirring frequently, until light brown.
2. Stir in gravy, ketchup and potatoes. Heat to boiling; reduce heat to medium-low. Cover and cook 10 minutes.
3. Stir in green beans. Cover and cook 5 to 10 minutes, stirring occasionally, until vegetables are tender.

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Tuesday

Cranberry Dijon Chicken

Makes 6 servings

- 1 family pack any type chicken cuts (best with leg quarters)
- 1 can whole berry cranberry sauce
- 1 packet Lipton onion soup mix
- 1 bottle French salad dressing
- 2 tablespoons Dijon style mustard

Preheat oven to 350°F. Mix all ingredients except chicken in medium -large glass baking dish. Add chicken and spoon mixture over top of chicken making sure to cover completely.

Bake uncovered for 35-60 minutes (depending on choice of chicken cuts - about 60 minutes for leg quarters) occasionally spoon-basting with mixture. Chicken is done when liquid runs clear or meat flakes with the twist of a fork.

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Wednesday

Penne with Roasted Tomatoes and Garlic

Makes 4 servings

- 1/4 cup olive oil or vegetable oil
- 8 to 10 roma (plum) tomatoes, cut into half
- 1 teaspoon sugar
- 1/4 teaspoon salt
- Freshly ground pepper
- 1 bulb garlic, unpeeled
- 2 cups uncooked penne pasta (8 ounces)
- 1/4 cup chopped fresh or 1 tablespoon dried basil leaves
- 4 ounces feta cheese, crumbled

1. Heat oven to 300°. Cover cookie sheet with aluminum foil; generously brush with 1 tablespoon of the oil.
2. Arrange tomato halves, cut sides up, in single layer on cookie sheet; brush with 4 teaspoons of the oil. Sprinkle with sugar, salt and pepper. Cut 1/2 inch off top of garlic bulb; drizzle 2 teaspoons of the oil over garlic bulb. Wrap in aluminum foil; place on cookie sheet with tomatoes.
3. Bake 55 to 60 minutes or until garlic is soft when pierced with a knife and tomatoes have begun to shrivel; cool slightly.
4. Cook and drain pasta as directed on package.
5. Squeeze garlic into remaining 1 tablespoon oil and mash until smooth; toss with pasta. Add tomato halves and basil; toss. Top with cheese. Serve immediately.

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Thursday

Corn Bread Beef Bake

Makes 6 servings

- 1 pound ground beef
- 1 (14 1/2-ounce) can Mexican-style stewed tomatoes, undrained
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (8-ounce) can tomato sauce
- 1/2 cup frozen whole kernel corn
- 2 teaspoons chili powder
- 1 (11 1/2-ounce) can refrigerated corn bread twists

1. Heat oven to 350°.
2. Cook beef in 10-inch ovenproof skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in tomatoes, beans, tomato sauce, corn and chili powder; heat to boiling.
3. Immediately top with corn bread twists left in round shape (do not unwind), pressing down gently.
4. Bake uncovered 35 to 40 minutes or until corn bread is golden brown.

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Friday

Stuffed Pork Chops

Makes 4 servings

- 1/3 cup chopped celery (with leaves)
- 3 tablespoons finely chopped onions
- 1/4 cup (1/2 stick) margarine or butter
- 2 1/4 cups soft bread cubes (about 4 slices bread)
- 1/2 teaspoon salt
- 1/4 teaspoon rubbed sage
- 3/4 teaspoon chopped fresh or 1/4 teaspoon dried thyme leaves
- 1/8 teaspoon pepper
- 4 pork loin chops, about 1 inch thick (with pockets cut into chops)
- 2 tablespoons vegetable oil
- 1/4 cup apple cider or juice

1. Cook and stir celery and onion in margarine in 2-quart saucepan over medium heat, stirring frequently, until celery is tender; remove from heat. Stir in bread cubes, salt, sage, thyme and pepper.
2. Stuff each pork chop pocket with about 1/3 cup of the bread mixture. Fasten by inserting 2 toothpicks in X shape through edges of pork.
3. Fry in oil in 10-inch skillet over medium heat until brown on both sides, about 15 minutes; drain. Add apple cider; reduce heat. Cover and simmer until pork chops are done, about 1 hour. Remove toothpicks before serving.

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Saturday

Chicken Pot Pie

Makes 6 servings

- 1/3 cup margarine or butter
- 1/3 cup all-purpose flour
- 1/3 cup chopped onions
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 3/4 cups chicken or turkey broth
- 2/3 cup milk
- 2 1/2 to 3 cups cut-up cooked chicken or turkey
- 1 cup shelled fresh green peas*
- 1 cup diced carrots *
- Pastry for Two-Crust Pie (below)

TWO-CRUST PIE

- 2/3 cup plus 2 tablespoons shortening
- 2 cups all-purpose flour
- 1 teaspoon salt
- 4 to 5 tablespoons cold water

1. Heat margarine in 2-quart saucepan over low heat until melted. Stir in flour, onion, salt and pepper. Cook, stirring constantly, until mixture is bubbly; remove from heat.
2. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken, peas and carrots.
3. Heat oven to 425°.
4. Prepare Pastry. Roll two-thirds of the pastry into 13-inch square; ease into ungreased square pan, 9 x 9 x 2 inches. Pour chicken mixture into pastry-lined pan. Roll remaining pastry into 11-inch square. Fold pastry in half and cut slits near center so steam can escape. Place square over filling; turn edges under the flute. Bake until golden brown, about 35 minutes.

For Pastry for Two-Crust Pie

1. Cut shortening into flour and salt, using pastry blender or crisscrossing 2 knives, until particles are size of course crumbs. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons water can be added if necessary).

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2. Gather pastry into a ball. Shape into flattened round on lightly floured cloth-covered board.