

# Angel Food Menus – Week 4 Of May 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**

shallots – 2 large  
fresh mushrooms – 1 package (8 ounces)  
red potatoes – 8  
fresh green beans – 1 cup (may substitute with frozen)  
roma (plum) tomatoes – 8 to 10  
garlic bulb – 1  
fresh basil – 1/4 cup  
celery – 1/3 cup  
onions – 3 tablespoons + 1/3 cup  
fresh thyme – 3/4 teaspoon  
fresh green peas – 1 cup  
carrots – 1 cup

## **[Bakery and Bread]**

soft bread cubes – 2 1/4 cups (about 4 slices bread)

## **[Beverages]**

apple cider or juice – 1/4 cup

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

olive oil – 1 tablespoon + 1/4 cup (may substitute with vegetable oil)  
vegetable oil – 2 tablespoons  
salt – 2 1/2 teaspoons  
pepper – 3/8 teaspoon + 1/4 teaspoon  
sugar – 1 teaspoon  
chili powder – 2 teaspoons  
sage – 1/4 teaspoon  
flour – 2 1/3 cups  
shortening – 2/3 cup + 2 tablespoons

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

ketchup – 2 tablespoons  
whole berry cranberry sauce – 1 can

French salad dressing – 1 bottle  
Dijon style mustard – 2 tablespoons

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

Lipton onion soup mix – 1 packet  
penne pasta – 2 cups

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

beef broth – 1/4 cup  
pork gravy – 1 jar (12 ounces)  
Mexican style stewed tomatoes – 1 can (14 1/2 ounces)  
black beans -1 can (15 ounces)  
tomato sauce – 1 can (8 ounces)  
chicken or turkey broth – 1 3/4 cups

## **[Dairy]**

butter or margarine – 1 tablespoon + 1/4 cup + 1/3 cup  
feta cheese – 4 ounces  
refrigerated corn bread twists – 1 can (11 1/2 ounces)  
milk – 2/3 cup

## **[Meat and Poultry]**

beef steaks – 5 (8 ounces each)  
boneless pork loin – 1 pound  
any type chicken cuts – 1 family pack (best with leg quarters)  
ground beef – 1 pound  
pork loin chops – 4  
cooked chicken or turkey – 2 1/2 to 3 cups

## **[Frozen]**

frozen whole kernel corn – 1/2 cup