

# Angel Food Menus – Week 1 Of June

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

### Marinated Pork Kabobs

Makes 8 servings

- 2 cups plain yogurt
- 2 tablespoons lemon juice
- 4 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 2 pounds pork tenderloin, cut into 1 1/2-inch cubes
- 8 small white onions, halved
- 8 cherry tomatoes
- 1 medium sweet red pepper, cut into 1 1/2-inch pieces
- 1 medium green pepper, cut into 1 1/2-inch pieces

In a medium glass bowl, combine yogurt, lemon juice, garlic, cumin and coriander; mix well. Add pork; cover and refrigerate for 6 hours or overnight. Alternate pork, onions, tomatoes and peppers on eight skewers. Grill over medium heat for about 30-35 minutes or until meat reaches desired doneness

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## Monday

### Beef and Bean Burritos with Spanish Rice

Makes 4 servings

- 1 3/4 cups white rice
- 1 cup onions
- 1 clove garlic minced
- 1 tablespoon vegetable oil
- 1 10 1/2-ounce can chicken broth
- 1 15-ounce can tomato sauce
- 1/2 cup green bell peppers
- 4 10 ounce beef and bean burritos

Prepare burritos as directed on package.

In 10" skillet, over medium heat, cook rice, onion, green pepper and garlic in hot oil for 5-7 minutes, until golden. Add broth, sauce, and pepper. Bring to a boil then transfer to a 2 quart casserole dish. Cover and bake at 350° for 35 minutes. Serve burritos and rice together.

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**Tuesday**

## **Crispy Lemon Fried Chicken**

Makes 6 servings

2 broiler-fryer chicken (2 to 3 pounds each), cut up or 16 pieces of chicken  
3-1/2 teaspoons salt, divided  
Juice of 1 medium lemon  
1 cup all-purpose flour  
1 teaspoon paprika  
1/8 teaspoon pepper  
Cooking oil  
2 tablespoons water

Place chicken in a large bowl; add 3 teaspoons of salt, lemon juice and enough water to cover chicken. Soak in refrigerator overnight. Drain thoroughly. In a paper bag, combine flour, paprika, pepper and remaining salt. Toss chicken pieces in flour mixture; shake off excess. Heat about 1/2 in. of oil in a large skillet. When hot, carefully add chicken and brown lightly on all sides, about 20 minutes. Reduce heat. Add water; cover and cook until tender, about 20 minutes. Uncover and cook until chicken is crisp, about 10 minutes.

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**Wednesday**

**Lasagna**

Makes 4 servings

2 pounds lasagna dinner entree

Prepare Lasagna Dinner Entree as directed on package.

May want to serve with bread, breadsticks or salad

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**Thursday**

## **Barbecued Chicken**

Makes 4 servings

- 1 broiler-fryer chicken (about 3 pounds), quartered
- 1/4 cup vinegar
- 1/4 cup butter or margarine
- 1/4 cup water
- 1/4 teaspoon each dried thyme, oregano, rosemary and garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Place chicken in a shallow glass dish. In a small saucepan, combine all remaining ingredients; bring to a gentle boil. Remove from the heat. Pour over chicken. Cover and refrigerate for 4 hours, turning once. Drain and discard marinade. Grill chicken, covered, over medium heat for 30-40 minutes or until juices run clear. Diabetic Exchanges: One serving (prepared with margarine and served without the skin) equals 3 meat; also, 224 calories, 225 mg sodium, 58 mg cholesterol, 1 gm carbohydrate, 21 gm protein, 14 gm fat.

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**Friday**

## **Roast Pork with Apple Topping**

Makes 8 servings

2 tablespoons all-purpose flour  
1-3/4 teaspoons salt, divided  
1 teaspoon ground mustard  
1 teaspoon caraway seed  
1/2 teaspoon sugar  
1/4 teaspoon pepper  
1/4 teaspoon rubbed sage  
1 pork loin roast (4 to 5 pounds)  
1-1/2 cups applesauce  
1/2 cup packed brown sugar  
1/4 teaspoon ground mace

In a small bowl, combine flour, 1-1/2 teaspoons salt, mustard, caraway, sugar, pepper and sage; rub over roast. Cover and let stand for 30 minutes. Place on a greased baking rack, fat side up, in a roasting pan. Bake, uncovered, at 325° for 1 hour. Combine applesauce, brown sugar, mace and remaining salt; mix well. Spread over roast. Roast 1 hour longer or until a meat thermometer reads 160°-170°. Let stand 15 minutes before slicing.

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## Saturday

### Beef and Broccoli with Garlic Sauce

Makes 4 servings

- 1/2 pound boneless beef sirloin steaks or round steak
- 1/4 teaspoon salt
- Dash of white pepper
- 1 pound broccoli, cut into flowerets and 1 1/2 inch pieces (4 cups)
- 1 teaspoon cornstarch
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/4 cup fat-free reduced-sodium chicken broth
- 1 teaspoon vegetable oil
- 1 tablespoon finely chopped garlic (6 cloves)
- 1 teaspoon finely chopped ginger root
- 2 tablespoons brown beans paste
- 1 (8-ounce) jar sliced bamboo shoots, drained
- 2 cups hot cooked rice

Trim fat from beef. Cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8-inch slices. Toss beef with salt and white pepper. Place broccoli in 1 inch boiling water; heat to boiling. Cover and cook 2 minutes. Immediately rinse with cold water; drain. Mix cornstarch and soy sauce; stir in sesame oil and broth. Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add beef; stir-fry about 2 minutes or until brown. Remove beef from wok. Cool wok slightly. Wipe clean and respray. Add oil and rotate wok to coat sides. Heat over medium-high heat. Add garlic, gingerroot and bean paste; stir-fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in beef and broccoli. Stir in cornstarch mixture; cook and stir about 30 seconds or until thickened. Serve over rice.