

Angel Food Menus – Week 1 Of June Shopping List

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/>

[Fresh Produce] Fruits and Vegetables

garlic cloves – 11
white onions – 8 small
onions – 1 cup
cherry tomatoes – 8
sweet red pepper – 1
green pepper – 1 + 1/2 cup
lemon – 1 medium (need this for the juice)
broccoli – 1 pound
ginger root – 1 teaspoon

[General Grocery] Beverages

lemon juice – 2 tablespoons

[General Grocery] Cooking and Baking

cumin – 1/2 teaspoon
coriander – 1/4 teaspoon
vegetable broth – 1 tablespoon
salt – 5 1/2 teaspoons + 1/8 teaspoon
flour – 1 cup + 2 tablespoons
paprika – 1 teaspoon
pepper – 1/2 teaspoon
cooking oil
vinegar – 1/4 cup
thyme – 1/4 teaspoon
oregano – 1/4 teaspoon
rosemary – 1/4 teaspoon
garlic powder – 1/4 teaspoon
dry mustard – 1 teaspoon
caraway seed – 1 teaspoon
sugar – 1/2 teaspoon
sage – 1/4 teaspoon
brown sugar – 1/2 cup
ground mace – 1/4 teaspoon
white pepper – dash
cornstarch – 1 teaspoon
sesame oil – 1 teaspoon

vegetable oil – 1 teaspoon

[General Grocery] Condiments and Sauces

brown beans paste – 2 tablespoons

[General Grocery] Dry Foods and Mixes

white rice – 1 3/4 cups
rice – 2 cups

[General Grocery] Canned and Bottled

tomato sauce – 1 can (15 ounces)
chicken broth – 1 can (10 1/2 ounces)
applesauce – 1 1/2 cups
fat-free reduced-sodium chicken broth – 1/4 cup
bamboo shoots – 1 jar (8 ounces)

[Dairy]

plain yogurt – 2 cups
butter or margarine – 1/4 cup

[Meat and Poultry]

pork tenderloin – 2 pounds
broiler-fryer chicken – 3 (2 to 3 pounds each)
loin roast – 1 (4 to 5 pounds)
boneless beef sirloin steaks or round steak – 1/2 pound

[Frozen]

beef & bean burritos – 4 (10 ounces each)
lasagna dinner entrée – 2 pounds

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