

# Angel Food Menus – Week 2 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

### Texas Chili Con Carne

Makes 6 servings

- 2 pounds beef chuck pot roast trimmed of fat and cut in 1/2 -inch cubes
- 1/2 to 1 pound ground pork
- 2 onions large, coarsely chopped
- 1 green bell pepper large, coarsely chopped
- 4 garlic large, minced
- 2 tablespoons vegetable oil
- 2 16-ounce cans tomatoes whole
- 1 cup water
- 1/3 cup chili sauce
- 1 4-ounce can mild green chilies chopped
- 2 tablespoons chili powder
- 2 teaspoons salt
- 1 1/2 teaspoons cumin ground
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper freshly ground
- 1 16-ounce can kidney beans or pinto beans

In a Dutch oven or large skillet over high heat sauté beef, pork, onions, green pepper and garlic in oil for 10 minutes or until vegetables and meats are browned. Drain off fat. Add remaining ingredients except beans. Reduce heat, cover and simmer for 1 1/2 hours, stirring occasionally. Add beans and simmer, uncovered, 15 minutes longer. Serve in warm bowls with shredded lettuce, grated cheese, a cruet of vinegar and saltine crackers, if desired.

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## Monday

### Pork Chops and Apples

Makes 6 servings

6 pork chops  
4 apples peeled, cored and sliced  
1/4 cup brown sugar  
1/2 teaspoon cinnamon  
2 tablespoons butter

1. Heat oven to 350 degrees. Brown Pork Chops on the Stove Top
2. Place apple slices in a greased 9x13 pan. Sprinkle with brown sugar and cinnamon and dot with butter.
3. Top with Pork Chops. Cover and bake 1 hour. (if you have thick pork chops they will be done sooner and if you have really thick chops you might have to cook slightly longer)

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## Tuesday

### Chicken Breast Teriyaki

Makes 4 servings

- 1/4 cup soy sauce
- 1/4 cup dry sherry or orange juice
- 1 tablespoon sugar
- 1 tablespoon vegetable oil
- 1 teaspoon grated ginger root, or 1/4 tsp ground ginger
- 1 clove garlic, crushed
- 4 boneless skinless chicken breast halves, about 1 1/2 pounds

1. Mix all ingredients except chicken. Place chicken in resealable plastic food-storage bag or shallow glass or plastic dish. Pour soy sauce mixture over chicken; turn chicken to coat with soy sauce mixture. Seal bag or cover dish and refrigerate at least 1 hour but no longer than 24 hours, turning chicken occasionally.
2. Heat coals or gas grill for direct heat.
3. Remove chicken from marinade; reserve marinade. Cover and grill chicken, skin sides up, 5 to 6 inches from medium heat about 15 minutes or until golden brown. Turn chicken. Cover and grill 10 to 20 minutes longer, turning and brushing 2 or 3 times with marinade, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade.

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## Wednesday

### Ribeye Steaks

Makes 4 servings

- 4 8 ounce ribeye steaks
- 3 tablespoons soy sauce
- 1 tbsp minced garlic
- 1 tsp ground cumin
- 1/8 tsp pepper
- 1/2 cup butter
- 1 pound fresh, sliced mushrooms
- 2 tablespoons white wine

Season steaks in soy sauce, garlic, cumin and pepper. Set aside. Sauté mushrooms in 1/4 cup butter. Add wine and sprinkle with seasonings. Sauté seasoned steaks in 1/4 cup butter (or grill) to desired doneness. Top with mushroom sauce!

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## Thursday

### Ham and Cheese Calzones

Makes 8 servings

2 (10-ounce) packages refrigerated pizza crust  
1 cup ricotta cheese  
4 to 6 ounces sliced pepperoni  
2 cups diced fully cooked ham  
2 cups (8 ounces) shredded mozzarella cheese  
Shredded Parmesan cheese, optional  
Dried basil, optional  
Meatless spaghetti sauce, warmed

1. Unroll one pizza crust, stretching gently to make a 14-in. x 11-in. rectangle.
2. Spread half of the ricotta on half of the dough lengthwise, to within 1 in. of the edges.
3. Sprinkle with half of the pepperoni, ham and mozzarella.
4. Fold unfilled side of dough over filled half and press edges together firmly to seal. Transfer to a greased baking sheet.
5. Repeat with remaining crust and filling ingredients. Bake at 400° for 20-25 minutes or until golden brown.
6. Sprinkle with Parmesan and basil if desired. Slice into serving-size pieces. Serve with spaghetti sauce.

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## Friday

### Italian Lemon Chicken

Makes 4 servings

#### Italian Lemon Chicken

- 1 broiler-fryer chicken (about 3 lb.), cut up
- 6 tablespoons lemon juice
- 6 tablespoons butter or margarine, melted
- 1/2 teaspoon oregano
- 1/2 teaspoon thyme dried, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup dry Italian bread crumbs

Pierce chicken pieces with a fork. Place chicken and 1/4 cup of the lemon juice in a large reclosable bag or a shallow dish. Turn chicken to coat. Close bag or cover dish. Marinate at room temperature for 1 hour.

Meanwhile, in another shallow dish, mix butter or margarine, remaining 2 tablespoons lemon juice, oregano, thyme, salt and pepper.

Preheat oven to 375°. Remove chicken from lemon juice and dip in seasoned butter. Coat chicken with crumbs. Arrange chicken in an ungreased 13 x 9 x 2-inch baking pan.

Bake, uncovered, for 1 hour or until chicken is no longer pink when cut along bone and juices run clear.

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## Saturday

### Festive Meat Loaf

Makes 6 servings

- 2 eggs large
- 2 pounds ground beef (or part sausage)
- 1 14 1/2-ounce can tomatoes whole, cut up and juice reserved
- 3/4 cup crackers fine crumbs (about 20 crackers)
- 1/2 cup onions finely chopped
- 2 tablespoons parsley chopped
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup brown sugar packed
- 1/4 cup cider vinegar
- 1/4 cup pineapple juice
- 2 1/2 tablespoons mustard prepared
- 3 pineapple slices canned
- 3 red maraschino cherries

Preheat oven to 350°. In a large mixing bowl, beat eggs with a fork. Add beef, tomatoes with juice, cracker crumbs, onion, parsley, salt, and pepper. Mix until well blended. Shape into a 9 x 5-inch oval. Place in an ungreased 12 x 8 x 2-inch baking pan.

Bake 1 hour.

Meanwhile, combine brown sugar, vinegar, pineapple juice, and mustard in a small saucepan. Simmer 10 minutes, stirring occasionally. Remove meat loaf from oven; drain off fat. Arrange pineapple and cherries on top of loaf. Brush glaze on meat loaf and fruit; keep remaining glaze warm. Bake 30 minutes longer. Slice and serve with remaining glaze.