

Angel Food Menus – Week 4 Of June

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

Baked Chicken in Honey Sauce

Makes 6 servings

- 1/4 cup butter or margarine
- 1/4 cup honey
- 1/4 cup orange juice concentrate
- 2 tablespoons lemon juice
- 1 tablespoon mustard prepared
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1 broiler-fryer chicken (3 to 4 lb.), cut up
- 1 tablespoon water cold
- 1 teaspoon cornstarch

Preheat oven to 375°.

Melt butter or margarine in a 13 x 9 x 2-inch baking dish. Add honey, orange juice, lemon juice, mustard, salt and curry powder. Mix well. Coat both sides of chicken pieces with honey mixture and place, skin-side down, in baking dish.

Bake for 30 minutes, basting occasionally. Turn chicken over and bake 30 minutes longer or until chicken tests done. Transfer chicken to a warm platter; cover and keep warm.

Transfer honey mixture to a small saucepan. In a small bowl or cup, mix cold water and cornstarch until smooth. Pour into honey mixture. Stirring over medium heat, bring to a boil and boil for 1 to 2 minutes.

Drizzle honey sauce over chicken and serve with fluffy hot rice.

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Monday

Barbecue Pizza

Makes 2 servings

2 prebaked Basic Pizza Crusts

1 pound ground pork or ground beef

2 cloves garlic minced

2 cups barbecue sauce

1 1/2 cups onions thinly sliced

6 ounces Monterey jack cheese each Colby cheese and shredded (about 1 1/2 cups each) or 12 ounces Co-Jack cheese, shredded (about 3 cups)

In a large skillet, crumble ground meat. Add garlic and brown over medium-high heat; drain well.

Stir in barbecue sauce and onions. Reduce heat to low; simmer for 8 to 10 minutes or until onions are very tender. Spread half of meat mixture on each crust.

Bake each pizza on a hot baking sheet in a 400° oven for 10 minutes. Sprinkle with half of the cheese. Bake 5 minutes longer or until cheese melts.

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Tuesday

Beef Patties with Mashed Potatoes and Gravy

Makes 6 servings

28 ounces Jumbo beef patties with gravy
6 medium white or red potatoes
1/3 - 1/2 cup milk
1/2 cup softened butter or margarine
1/2 teaspoon salt
Dash pepper

1. Prepare the Beef Patties with Gravy as directed on package
2. Place potatoes in 2-quart saucepan; add enough water just to cover potatoes. Heat to boiling; reduce heat. Cover and simmer 20 to 30 minutes or until potatoes are tender; drain. Shake pan with potatoes over low heat to dry (this will help mashed potatoes be fluffier).
3. Mash potatoes in pan until no lumps remain. Add milk in small amounts, mashing after each addition (amount of milk needed to make potatoes smooth and fluffy depends on kind of potatoes used).
4. Add butter, salt and pepper. Mash vigorously until potatoes are light and fluffy. If desired, sprinkle with small pieces of butter or sprinkle with paprika, chopped fresh parsley or chives.
5. Serve and enjoy!

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Wednesday

Barbecued Spareribs

Makes 4 servings

4 pounds pork spareribs, cut into serving-size pieces

1 medium onion, quartered

2 teaspoons salt

1/4 teaspoon pepper

SAUCE:

1/2 cup cider vinegar

1/2 cup packed brown sugar

1/2 cup ketchup

1/4 cup chili sauce

1/4 cup Worcestershire sauce

2 tablespoons chopped onions

1 tablespoon lemon juice

1/2 teaspoon ground mustard

1 clove garlic, minced

Dash cayenne pepper

In a large kettle or Dutch oven, place ribs and onion; sprinkle with salt and pepper. Add enough water to cover ribs; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until tender; drain. Combine all sauce ingredients in a saucepan. Simmer, uncovered, for 1 hour or until slightly thickened, stirring occasionally. Arrange ribs on a rack in a broiler pan. Brush with sauce. Broil 5 in. from the heat for 5 minutes on each side, brushing frequently with sauce.

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Thursday

Cheese Stuffed Manicotti with Meat Sauce

Makes 6 servings

1 pound ground beef
1 tablespoon vegetable oil
1 tablespoon olive oil
1/2 cup onions chopped
1 garlic large, minced
2 6-ounce cans tomato paste
2 cups water
1 3/4 teaspoons salt
Freshly ground pepper to taste
4 tablespoons parsley chopped fresh
4 teaspoons basil dried, crushed
3/4 pound ricotta cheese
1/3 cup parmesan cheese grated
1 egg beaten
8 ounces manicotti shells
Parmesan cheese grated

1. Brown beef, Drain.
2. Add vegetable and olive oils. Add onion, garlic, tomato paste, water, 1 1/2 teaspoons salt, pepper to taste, 2 tablespoons parsley, and basil. Simmer for 45 minutes, uncovered, stirring occasionally.
3. In a bowl combine ricotta cheese, 1/3 cup Parmesan cheese, and egg; add remaining 2 tablespoons parsley, 1/4 teaspoon salt, and pepper to taste.
4. Cook manicotti in boiling salted water until tender, drain; rinse in cold water.
5. Using a pastry bag, fill manicotti with cheese mixture or cut lengthwise with scissors, open, fill, and reform.
6. Pour one-half the tomato-meat sauce into a 7 x 11-inch baking dish. Arrange stuffed manicotti in a layer, overlapping slightly. Top with remaining sauce. Sprinkle with Parmesan cheese.
7. Bake in a preheated 350° F oven for 25 to 30 minutes, basting occasionally.

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Friday

Ham with Pineapple Sauce

Patty Bryant, Cedar Knolls, New Jersey

- 4 slices fully cooked ham (1/2 inch thick)
- 2 tablespoons butter or margarine
- 1 (8-ounce) can crushed pineapple, undrained
- 1/2 cup raisins
- 1/4 cup packed brown sugar
- 2 tablespoons prepared mustard
- Dash ground cloves

In a skillet, sauté ham slices in butter until warmed. Meanwhile, in a saucepan, combine all of the remaining ingredients; simmer for 3 minutes. Serve over ham.

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Saturday

Chicken Chili Enchiladas

Makes 12 servings

- 6 ounces sharp cheddar cheese shredded (about 1 1/2 cups)
- 8 ounces Monterey jack cheese shredded (about 2 cups)
- 1 cup chicken breasts chopped cooked
- 3/4 cup onions finely chopped
- 12 corn tortillas 6 inches each
- 2 cups chicken broth warm
- 1 25-ounce can chili con carne without beans
- 1 10-ounce can green enchilada sauce
- 2 cups sour cream

Grease a 3-quart oblong baking dish. In a medium bowl, mix Cheddar cheese, half of the Monterey Jack cheese, chicken and onion; set aside.

Dip tortillas, one at a time, in chicken broth to soften. Fill with about 1/4 cup of the chicken mixture; roll and place seam-side down in baking dish in two rows of six.

In a 3-quart saucepan over medium heat, stir chili, green enchilada sauce and 1/2 cup of the chicken broth until bubbly. Pour over filled tortillas. Sprinkle with remaining Monterey Jack cheese. If making ahead, cover and let stand up to 1 hour.

Bake, uncovered, in a preheated 350° oven for 30 minutes or until hot and bubbly. If desired, freeze, thaw and reheat, covered, in a preheated 300° oven for 25 to 30 minutes or until hot.

To serve, dollop with some of the sour cream. Serve remaining sour cream separately. Serve with chopped tomatoes and sliced ripe olives if desired.