

Angel Food Menus – Week 4 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 – 4
onions – 2 3/4 cups + 1 medium + 2 tablespoons
white or red potatoes – 6
fresh parsley – 4 tablespoons
dried basil – 4 teaspoons
cloves – dash

[Bakery and Bread]

corn tortillas – 12 (6 inches each)

[Beverages]

lemon juice – 3 tablespoons

[General Grocery] Cooking and Baking

salt – 4 1/2 teaspoons + 3/4 teaspoon
curry powder – 1 teaspoon
cornstarch – 1 teaspoon
pepper – dash + 1/4 teaspoon
brown sugar – 3/4 cup
ground mustard – 1/2 teaspoon
cayenne pepper – dash
vegetable oil – 1 tablespoon
Olive oil – 1 tablespoon

[General Grocery] Condiments and Sauces

honey – 1/4 cup
mustard prepared – 3 tablespoons
Barbecue sauce – 2 cups
ketchup – 1/2 cup
chili sauce – 1/4 cup
Worcestershire sauce – 1/4 cup
green enchilada sauce – 1 can (10 ounces)

[General Grocery] Dry Foods and Mixes

manicotti shells – 8 ounces

raisins – 1/2 cup

[General Grocery] Canned and Bottled

cider vinegar – 1/2 cup
tomato paste – 2 cans (6 ounces each)
crushed pineapple – 1 can (8 ounces)
chicken broth – 2 cups
chili con carne without beans – 1 can (25 ounces)

[Dairy]

butter or margarine – 3/4 cup + 2 tablespoons
shredded Monterey jack cheese & Colby cheese – 1 1/2 cups or shredded Co-Jack cheese – 3 cups
milk – 1/3 cup
ricotta cheese – 3/4 pound
parmesan cheese – 1/3 cup
eggs – 1
shredded sharp cheddar cheese – 1 1/2 cups
shredded Monterey jack cheese – 2 cups
sour cream – 2 cups

[Meat and Poultry]

broiler-fryer chicken – 1 (3 to 4 pounds)
ground pork or ground beef – 1 pound
pork spareribs – 4 pounds
ground beef – 1 pound
fully cooked ham – 4 slices
chicken breasts – 1 cup

[Frozen]

orange juice concentrate – 1/4 cup
Jumbo beef paties with gravy – 28 ounces

[Miscellaneous]

2 prebaked basic pizza crusts