

# Angel Food Menus – Week 1 Of July

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

### Pork Roast and Vegetables with Brown Gravy

Makes 8 servings

- 1 (2-pound) boneless pork loin roast
- 1 small onion, thinly sliced
- 2 teaspoons dried parsley flakes
- 1/2 teaspoon dried marjoram leaves
- 1/2 teaspoon dried rosemary leaves
- 1/4 teaspoon crushed red pepper flakes
- 1 (14 1/2-ounce) can ready-to-serve beef broth
- 1/8 teaspoon pepper
- 1 bay leaf
- 1 pound fresh baby carrots
- 8 small red potatoes, unpeeled, quartered
- 1 tablespoon water
- 4 teaspoons cornstarch

1. Heat oven to 325°F. With sharp knife, make 6 horizontal cuts down center of roast, each 2 inches long and 2 inches deep. Stuff each cut with slices of onion; reserve any remaining onion. Place roast in ovenproof Dutch oven.
2. In small bowl, combine parsley, marjoram, rosemary and crushed red pepper flakes; sprinkle evenly over top of roast. Insert meat thermometer into thickest part of roast without touching fat. Pour broth around roast.
3. Place reserved onion slices, pepper and bay leaf in broth in Dutch oven. Arrange carrots and potatoes around roast; cover. Bake at 325°F. for 1 3/4 to 2 hours or until meat thermometer registers 160°F.
4. Remove roast from Dutch oven; place on serving platter. With slotted spoon, remove vegetables and arrange around roast; cover to keep warm.
5. Bring pan juices in Dutch oven to a boil. Boil 10 to 12 minutes or until reduced to half. Remove and discard bay leaf.
6. In small bowl, combine water and cornstarch; blend until smooth. Add to pan juices; cook and stir until mixture is bubbly and thickened. (If desired, gravy can be strained.) Serve gravy with roast and vegetables.

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## Monday

### Pineapple Chicken

Makes 6 servings

3 chicken breasts, split, skinned and boned

Black pepper

Paprika

1 20-ounce can pineapple tidbits drained, unsweetened

2 tablespoons Dijon style mustard

Soy sauce

1 clove garlic, minced

Arrange chicken in crockpot. Sprinkle with pepper and paprika. Mix soy sauce, pineapple and mustard together; pour over chicken. Add minced garlic. Cover and cook on LOW 7 to 9 hours or on HIGH 3 to 4 hours.

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**Tuesday**

## **Lemon Pepper Steak**

Makes 4 servings

4 T-bone or New York strip beef steaks (1 inch thick)  
Lemon pepper seasoning to taste

Sprinkle steaks with lemon pepper. Broil in a preheated broiler 3-4 in. from the heat for 5-7 minutes per side or until the steaks reach desired doneness.

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## Wednesday

### Turkey loaf

Makes 4 servings

- 2 pounds ground turkey, uncooked
- 1 1/2 cups bread crumbs, soft
- 2 eggs, slightly beaten
- 1 onion, minced
- 1 teaspoon horseradish
- 1 teaspoon salt
- 1 teaspoon dry mustard
- 1/4 cup ketchup
- 1/4 cup evaporated milk

Mix all ingredients and form into a 7-inch round loaf. Place in bottom of crockpot. Cover and cook on LOW for 5-6 hours.

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## Thursday

### Lime Marinated Pork with Citrus Salsa

Makes 6 servings

#### SALSA

1/2 cup chopped fresh oranges sections

1/2 cup chopped green bell peppers

1/4 cup sliced onions

1 medium tomato, seeded, chopped

1/2 red jalapeno chiles, finely chopped

1 tablespoon chopped fresh mint leaves

1 teaspoon grated lime rinds

#### PORK

2 tablespoons lime juice

2 teaspoons olive or vegetable oil

4 garlic cloves, minced

1/2 teaspoon salt

1/4 teaspoon coarse ground black pepper

2 (3/4-pound) pork tenderloin

1. **GRILL DIRECTIONS:** In medium bowl, combine all salsa ingredients; mix well. Let stand at room temperature for 1 hour to blend flavors.
2. Meanwhile, heat grill. In small bowl, combine lime juice, oil, garlic, salt and pepper; mix well. Brush oil mixture over pork tenderloins, coating all sides.
3. When ready to grill, place pork on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 20 to 30 minutes or until pork is no longer pink in center, turning occasionally. Serve with salsa.

**TIP:**\*To broil pork tenderloins, place on broiler pan; broil 4 to 6 inches from heat using times above as a guide, turning occasionally.

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## Friday

### **Cream Cheese Chicken**

Makes 4 servings

- 1 broiler-fryer chicken, cut up
- 2 tablespoons butter or margarine, melted
- Salt and pepper
- 2 tablespoons Italian herb dressing, dry
- Mix
- 1 can cream of mushroom soup
- 6 ounces cream cheese cut into cubes
- 1/2 cup chicken broth
- 1 tablespoon onions, chopped

Brush chicken with butter and sprinkle with salt and pepper. Place in a crockpot and sprinkle dry mix over all. Cover and cook on low for 6 to 7 hours. About 45 minutes before done, mix soup, cream cheese, wine, and onion in a small saucepan. Cook until smooth. Pour over the chicken and cover and cook another 45 minutes. Serve with sauce.

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## Saturday

### Barbecued Beef Sandwiches

Makes 10 servings

- 3 pounds beef rump roast, trimmed
- 1 tablespoon beef bouillon
- 3 tablespoons flour
- 1 1/2 teaspoons chili powder
- 15 ounces tomato sauce
- 1 clove garlic, chopped fine
- 1/2 cup onions, chopped
- 1 teaspoon dry mustard
- 1/3 cup brown sugar, packed
- 10 hamburger buns
- 2 tablespoons lemon juice

Rub flour into roast. Place in bottom of crockpot and add remaining ingredients, (except buns). Cook on low for about 14-16 hours. Serve over buns.