

Angel Food Menus – Week 1 of July

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

onions – 2 + 3/4 cup + 1 tablespoon
parsley flakes – 2 teaspoons
marjoram leaves – 2 teaspoons
rosemary leaves – 1/2 teaspoon
baby carrots – 1 pound
red potatoes – 8 small
garlic cloves – 6
orange sections - 1/2 cup
green bell peppers – 1/2 cup
tomatoes – 1
red jalapeno chilies - 1/2
fresh mint leaves – 1 tablespoon
grated lime rinds – 1 teaspoon

[General Grocery] Beverages

lime juice – 2 tablespoons
lemon juice – 2 tablespoons

[Bakery and Breads]

soft bread crumbs - 1 1/2 cups
hamburger buns – 10

[General Grocery] Cooking and Baking

red pepper flakes – 1/4 teaspoon
pepper – 3/8 teaspoon, to taste
bay leaves – 1
cornstarch – 4 teaspoons
pepper
Paprika
Lemon pepper seasoning – to taste
salt – 1 1/2 teaspoons, to taste
dry mustard – 2 teaspoons
olive oil – 2 teaspoons
Italian herb dressing – 2 tablespoons
beef bouillon – 1 tablespoon
flour – 3 tablespoons

chili powder – 1 1/2 teaspoons
brown sugar – 1/3 cup

[General Grocery] Condiments and Sauces

Dijon style mustard – 2 tablespoons
soy sauce
horseradish – 1 teaspoon
ketchup – 1/4 cup

[General Grocery] Canned and Bottled

beef broth – 1 can ready to serve (14 1/2 ounces)
pineapple tidbits – 1 can (unsweetened 20 ounces)
evaporated milk - 1/4 cup
cream of mushroom soup – 1 can
chicken broth – 1/2 cup
tomato sauce – 15 ounces

[Dairy]

eggs – 2
butter or margarine – 2 tablespoons
cream cheese – 6 ounces

[Meat and Poultry]

boneless pork loin roast – 1 (2 pound)
chicken breasts – 3
T-bone or New York strip beef steaks – 4 (1 inch thick)
ground turkey – 2 pounds
pork tenderloin – 2 (3/4 pound)
broiler-fryer chicken -1
beef rump roast – 3 pounds