

# Angel Food Menus – Week 2 of July

## Shopping List

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/>

### **[Fresh Produce] Fruits and Vegetables**

onions – 1 1/2 cups + 1  
jalapeno chilies – 2 to 3  
ancho chili – 1  
lettuce – 1 cup  
tomatoes – 1/2 cup + 1 medium  
avocado – 1  
green bell peppers – 1/2 cup + 1  
fresh sage leaves – 6  
garlic cloves – 3

### **[General Grocery] Beverages**

lemon juice - 2 1/4 teaspoons

### **[Bakery and Breads]**

corn taco shells – 12  
sandwich buns – 6  
flour tortillas – 4  
pita bread - 4 (6-inches each)

### **[General Grocery] Cooking and Baking**

salt – 1 3/4 teaspoons  
pepper – 1 3/8 teaspoons + 1/2 teaspoon  
brown sugar – 1 tablespoon  
dry mustard – 1 teaspoon  
canola oil - 2 1/4 teaspoons  
Mexican Seasoning – 2 teaspoons  
olive or vegetable oil – 1 tablespoon  
flour – 1/3 cup  
poultry seasoning - 1/4 to 1/2 teaspoon  
shortening – 1 cup (may substitute with oil)

### **[General Grocery] Condiments and Sauces**

ketchup – 1/2 cup  
Worcestershire sauce – 1 tablespoon

soy sauce - 1 1/4 tablespoons  
mayonnaise or salad dressing – 1/3 cup

### **[Dry Foods and Mixes]**

herb- seasoned stuffing mix (not cubes) – 1 cup  
spiral pasta - 8 ounces

### **[General Grocery] Canned and Bottled**

whole tomatoes - 1 can (16-ounces)  
vinegar – 1 tablespoon  
tomato sauce – 1 can (8 ounces)  
roasted red bell peppers – 1 jar (7 ounces)  
tomato soup – 1 can

### **[Dairy]**

shredded cheddar cheese - 2 cups  
sour cream – 1/2 cup  
shredded mozzarella cheese – 6 tablespoons  
milk – 2 tablespoons

### **[Meat and Poultry]**

boneless pork roast – 1 1/2 pounds  
lean ground beef – 2 pounds  
fresh turkey breast slices – 1 1/2 pounds  
cooked ham – 6 slices  
whole boneless skinless chicken breasts, split – 2  
boneless pork loin chops - 1 pound  
bacon strips – 6  
frying chicken - 3 to 3 1/2 pounds