

Angel Food Menus – Week 3 Of July

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

Savory Pork Chops and Rice

Makes 6 servings

- 1 1/2 teaspoons garlic salt
- 1/4 teaspoon black pepper
- 6 pork chops (about 3/4 inch thick), trimmed
- 2 tablespoons vegetable oil
- 1 1/2 cups onions chopped
- 1 1/4 cups quick cooking brown rice raw
- 1 cup celery sliced
- 2 teaspoons poultry seasoning
- 1 1/4 cups water
- 1/2 cup white wine (or chicken broth)
- 2 teaspoons chicken bouillon

Grease a 2-quart shallow baking dish. In a small bowl, mix garlic salt and pepper. Rub into both sides of pork chops. In a 10-inch skillet over medium-high heat, brown chops in oil, about 10 minutes on each side.

Meanwhile, place onions, rice, celery and poultry seasoning in baking dish. In a small saucepan over medium-high heat, bring water, wine and bouillon granules to a boil. Pour over rice and vegetables, stirring to mix. Arrange chops over top, overlapping as needed.

Bake, covered, in a preheated 325° oven for 1 1/2 to 1 3/4 hours or until meat and rice are tender.

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Monday

Chicken Supreme

Makes 10 servings

- 5 pounds chicken nuggets
- 6 cups water
- 1 onion coarsely chopped
- 1 bay leaf large
- 2 cups bread fresh crumbs, toasted
- 2 cups white rice cooked
- 1 cup celery chopped
- 4 eggs lightly beaten
- 1 onion small, chopped
- 1 4-ounce jar pimiento chopped, undrained
- 2 teaspoons salt

In a 5-quart Dutch oven over high heat, bring chicken, water, coarsely chopped onion and bay leaf to a boil; reduce heat to low, cover and simmer for 1 hour or until chicken is tender. Remove chicken. Strain broth; skim fat from surface and set broth aside. When chicken is cool enough to handle, remove meat from bones; cut into bite-size pieces. You should have about 4 cups of meat. Discard bones and skin.

Preheat oven to 400°. In a large bowl, mix chicken, bread crumbs, rice, celery, eggs, remaining chopped onion, pimiento, salt and 3 cups of the reserved chicken broth. Pour into a shallow 3-quart baking dish. Bake for 25 to 30 minutes or until set. Cut into squares. Serve plain or use leftover chicken broth to make your favorite chicken gravy or mushroom sauce.

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Tuesday

Tuna Bake

Makes 4 servings

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1/2 teaspoon onion salt
- 1 (10 3/4-ounce) can cream of celery soup
- 1 1/3 cups milk
- 1/2 cup shredded process American cheese
- 1 (9-ounce) package tuna, drained, chunked
- 1 cup cooked peas
- 1 (16-ounce) can buttermilk refrigerator biscuits, optional

In a saucepan, melt butter. Blend in flour and onion salt. Whisk in cream of celery soup and milk. Cook and stir until thick and bubbly. Remove from heat and stir in the cheese until melted. Add tuna and peas. Place in a greased 10x8" baking dish or freezer bags. Cover, label, and freeze.

Before serving, uncover and bake frozen casserole at 425F for 40-45 minutes, stirring occasionally. If desired, top casserole with 6 refrigerated buttermilk biscuits. Bake until biscuits are golden brown, about 8-10 more minutes.

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Wednesday

Beef and Nacho Bake

Makes 10 servings

- 1 1/2 pounds ground beef
- 1/2 pound pork sausages bulk
- 1 1/4 cups onions chopped
- 2 cloves garlic minced
- 1 cup sour cream
- 1 8-ounce can tomato sauce
- 1 7-ounce can green chilies chopped
- 1 6-ounce can tomato paste
- 1 3 1/2-ounce can olives medium pitted, drained and sliced, reserving
- 1 8-ounce package tortilla chips
- 12 ounces Monterey jack cheese shredded (about 3 cups)
- Paprika (optional)
- 1/4 cup green onions thinly sliced

At least 45 minutes or up to 2 3/4 hours before serving:

Grease a 3-quart oblong baking dish. In a large skillet over medium-high heat, sauté beef and sausage until no longer pink. Add onions and garlic and sauté until onions are almost tender and meat is browned. Pour off drippings. Reduce heat to medium.

Stir in sour cream, tomato sauce, green chilies, tomato paste and olives until blended. Heat through, do not boil. Remove from heat.

Layer in baking dish two-thirds of the chips, all the meat mixture, remaining chips, cheese and sprinkle with paprika. If making ahead, cover and let stand at room temperature up to 2 hours.

Bake, uncovered, in a preheated 375° oven for 20 to 30 minutes or until heated through.

Garnish with green onions and reserved olives.

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Thursday

Pasta and Sauce

Makes 4 servings

1 pound pasta

28 ounces pasta sauce

Prepare the pasta as directed on box. Warm the pasta sauce as directed on container.
Serve pasta sauce over pasta.

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Friday

Chicken and Vegetables with Dumplings

Makes 8 servings

- 2 1/2 to 3 pounds boneless, skinless chicken thighs
- 1 pound small red potatoes (about 2 1/2 inches in diameter)
- 2 cups baby carrots
- 3 (14 1/2-ounce) cans chicken broth
- 2 cups Original Bisquick® mix
- 1/2 cup cold water
- 2 teaspoons parsley flakes

1. Place chicken, potatoes, onion and carrots in 6-quart slow cooker. Add broth.
2. Cover and cook on low heat setting 9 to 10 hours.
3. Increase heat setting to high. Stir together Bisquick mix, water and parsley in medium bowl. Drop dough by rounded tablespoonfuls onto hot chicken mixture. Cover and cook 45 to 50 minutes or until dumplings are dry in center.

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Saturday

Double Cheese Chicken Caesar Pizza

Makes 8 servings

1 (10-ounce) package ready-to-serve thin Italian corn meal pizza crust (12 inches in diameter)

1/4 cup creamy Caesar dressing

1 cup shredded mozzarella cheese or provolone cheese (9 ounces)

16-18 frozen fully cooked breaded mozzarella cheese nuggets (13 1/2-ounce package)

1 (9-ounce) package frozen smoke-flavor fully cooked boneless skinless chicken breast halves strips

1/4 cup sliced ripe olives

1 small red bell pepper, cut into thin strips

1/3 cup grated Parmesan cheese

1. Heat oven to 450°. Place pizza crust on ungreased cookie sheet.
2. Spread dressing evenly on pizza crust; sprinkle with mozzarella cheese. Arrange cheese nuggets, ends touching, in circle 1 inch from edge of crust. Arrange chicken, olives and bell pepper inside circle of cheese nuggets; sprinkle with Parmesan cheese.
3. Bake 12 to 15 minutes or until nuggets are golden brown and edge of crust is deep golden brown.