

Angel Food Menus – Week 3 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 cups + 2
celery – 2 cups
garlic cloves – 2
green onions – 1/4 cup
red potatoes – 1 pound small
baby carrots – 2 cups
red bell pepper – 1

[General Grocery] Beverages

white wine - 1/2 cup (or chicken broth)

[Bakery and Breads]

toasted fresh bread crumbs - 2 cups

[General Grocery] Cooking and Baking

garlic salt - 1 1/2 teaspoons
pepper – 1/4 teaspoon
vegetable oil – 2 tablespoons
poultry seasoning - 2 teaspoons
chicken bouillon - 2 teaspoons
bay leaves – 1
salt – 2 teaspoons
flour – 2 tablespoons
onion salt – 1/2 teaspoon
paprika – optional
parsley flakes - 2 teaspoons

[General Grocery] Condiments and Sauces

creamy Caesar dressing - 1/4 cup

[Dry Foods and Mixes]

quick cooking brown rice - 1 1/4 cups
white rice – 2 cups
pasta – 1 pound
Original Bisquick® mix – 2 cups

[General Grocery] Canned and Bottled

pimiento – 1 jar (4 ounces)
cream of celery soup – 1 can (10 3/4 ounces)
tuna – 9 ounces
tomato sauce – 1 can (8 ounces)
green chilies – 1 can (7 ounces)
tomato paste – 1 can (6 ounces)
olives medium pitted – 1 can (3 1/2 ounces) + ripe olives - 1/4 cup
pasta sauce – 28 ounces
chicken broth – 3 cans (14 1/2-ounces each)

[Dairy]

eggs – 4
butter or margarine – 2 tablespoons
milk – 1 1/3 cups
shredded process American cheese - 1/2 cup
buttermilk refrigerator biscuits - 1 (16-ounce) can
sour cream – 1 cup
shredded Monterey Jack – 3 cups
ready-to-serve thin Italian corn meal pizza crust - 1 (10-ounce) package (12 inches in diameter)
shredded mozzarella cheese – 1 cup
Parmesan cheese – 1/3 cup

[Frozen]

peas – 1 cup
frozen fully cooked breaded mozzarella cheese nuggets - 16-18 (13 1/2-ounce package)
frozen smoke-flavor fully cooked boneless skinless chicken breast halves strips - 1 (9-ounce) package

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[Meat and Poultry]

pork chops – 6 (about 3/4 inch thick)
chicken nuggets – 5 pounds
ground beef – 1 1/2 pounds
pork sausages bulk - 1/2 pound
boneless, skinless chicken thighs - 2 1/2
to 3 pounds

[Snacks and Nuts]

tortilla chips – 8 ounces