

Angel Food Menus – Week 4 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

Chicken Fried Pork Chops

Makes 4 servings

- 4 boneless pork loin chops (4 ounces each)
- 1/4 cup all-purpose flour
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 2 to 3 tablespoons milk
- 1/2 cup Italian-style dry bread crumbs
- 2 tablespoons vegetable oil

1. To flatten each pork chop, place between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound pork with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wrap.
2. Mix flour, seasoned salt and garlic powder in shallow bowl. Place milk and bread crumbs in separate shallow bowls. Dip each pork chop into flour mixture, then dip into milk. Coat well with bread crumbs.
3. Heat oil in 12-inch skillet over medium heat. Cook pork chops in oil 6 to 8 minutes, turning once, until pork is browned on outside and slightly pink in center.

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Monday

Hawaiian Burgers

Makes 4 servings

- 1 pound ground beef
- 3 tablespoons soy sauce
- 1/2 teaspoon ginger ground
- 1 8-ounce can pineapple tidbits in own juice, well drained
- 4 strips of bacon

Adjust oven rack 6 inches from heat source. Preheat broiler. Coat a broiler pan and rack with non-stick spray.

In a medium bowl, mix ground beef, 2 tablespoons of the soy sauce and ginger until well blended. Gently mix in pineapple. Shape mixture into four patties, each about 1 1/2 inches thick. Wrap a bacon slice around the outside of each patty; secure with a wooden pick.

Broil patties for 9 minutes (do not turn over). Brush patties with remaining 1 tablespoon soy sauce. Broil 3 minutes longer for medium or 5 minutes longer for well done.

Serve with a seasoned stir-fry rice mix and steamed mixed vegetables.

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Tuesday

Chicken Stir Fried Skillet Meal

Makes 4 servings

1 package chicken stir fry skillet meal

Prepare the chicken stir-fry skillet meal as directed on package.

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Wednesday

Turkey Jalapeno Quesadillas

4 servings

- 1/4 cup sour cream
- 1 tablespoon chopped fresh cilantro
- 1 (1 1/4-ounce) packet taco seasoning mix
- 1/2 pound sliced cooked deli turkeys
- 1 cup Mexican multi-cheese shredded cheese (4 ounces)
- 4 medium jalapeno chiles, seeded and coarsely chopped (1/4 cup)
- 4 flour tortillas (10 inches in diameter)
- 2 teaspoons vegetable oil

1. Mix sour cream, cilantro and taco seasoning mix in small container; cover with lid and set aside.
2. Layer turkey, cheese and chilies on 2 of the tortillas. Top with remaining tortillas. Brush top of each quesadilla with about 1/2 teaspoon of the oil.
3. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Place 1 quesadilla, oil side down, in skillet; brush top with about 1/2 teaspoon oil. Cook about 2 minutes or until light golden brown. Turn quesadilla; cook 2 minutes longer or until light golden brown.
4. Repeat with remaining quesadilla. Cut into wedges. Serve immediately, or wrap securely with plastic wrap and refrigerate up to 24 hours to grab 'n go with sour cream mixture.

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Thursday

Cheesy Mac and Franks

Makes 4 servings

- 6 ounces macaroni uncooked (about 1 1/2 cups)
- 4 hot dogs cut in 1/2 -inch slices
- 3/4 pound pasteurized process cheese spread pasteurized process, cubed
- 2/3 cup milk
- 2 teaspoons mustard prepared
- 1/4 teaspoon black pepper

Cook macaroni according to package directions. When almost tender, add frankfurters. Cook until macaroni is done and frankfurters are plumped; drain well.

Meanwhile, in a medium saucepan, place cheese spread, milk and prepared mustard. Over low heat, cook until cheese melts, stirring occasionally. Stir in cooked macaroni with frankfurters and pepper and heat through, stirring occasionally.

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Friday

Pot Roast

Makes 4 servings

- 3 pounds beef rump roast
- 1 package onion soup mix, beefy
- 2 teaspoons kitchen bouquet (brown sauce)
- 2 stalks celery, chunked
- 1 baby carrots, small bag
- 6 red potatoes, halved
- 1 onion, sliced
- Black pepper, freshly ground to taste

Sauté the onion, celery and carrots in a little oil in a large skillet until everything is a slightly brown. Remove the veggies; set aside. Using the same skillet, brown the roast on all sides. Remove the roast and place it into a large crock pot, along with the sautéed veggies. Deglaze the pan with a little water (or wine), scraping up all the browned bits of meat and veggie residue. Pour the juices into the crockpot and cover the roast with water (about 1 inch higher than the roast). Cook the roast on LOW for 8 to 10 hours. Once the meat and veggies are done, remove them from the crockpot to your serving platter. Skim the fat from the juices or use a fat-skimming cup to remove it. Only use as much of the broth as you need to make gravy for that meal. Thicken it with arrowroot and water. Divide the rest of the cooking juices and place it into containers (unthickened) and freeze it so you can make gravy anytime you want (meatloaf, etc).

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Saturday

Lemon Chicken

Makes 4 servings

- 1/4 cup butter or margarine
- 1 broiler-fryer chicken (about 3 lb.), cut up
- 1/3 cup lemon juice
- 1 teaspoon thyme dried, crushed
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 teaspoon garlic powder

Preheat oven to 450°.

Place butter in a 13 x 9 x 2-inch baking pan. Melt butter in oven while preheating (do not burn). Remove from oven.

Meanwhile, rinse chicken and pat dry. Roll in melted butter. Arrange in dish, skin-side down; set aside.

In a small bowl, mix lemon juice, thyme, salt, pepper and garlic powder. Baste chicken with some of the lemon mixture.

Bake for 20 minutes. With tongs, turn chicken over. Baste with juices and remaining lemon mixture. Bake 15 to 20 minutes longer or until tender and no longer pink when cut along the bone.

Spoon juices over chicken. Transfer to a serving platter.