

# Angel Food Menus – Week 4 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**

fresh cilantro – 1 tablespoon  
jalapeno chilies – 1/4 cup  
celery stalks – 2  
baby carrots - 1 small bag  
red potatoes – 6  
onion – 1

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

lemon juice - 1/3 cup

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

Italian-style dry bread crumbs - 1/2 cup  
flour tortillas - 4 (10 inches in diameter)

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

flour - 1/4 cup  
seasoned salt - 1/2 teaspoon  
garlic powder – 3/8 teaspoon  
vegetable oil - 2 tablespoons + 2  
teaspoons  
pepper – 3/4 teaspoon  
thyme – 1 teaspoon  
salt – 1 teaspoon

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

soy sauce - 3 tablespoons  
ginger - 1/2 teaspoon  
mustard – 2 teaspoons prepared  
kitchen bouquet (brown sauce) - 2  
teaspoons

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

taco seasoning mix – 1 packet (1 1/4  
ounces)  
macaroni – 6 ounces (about 1 1/2 cups)  
onion soup mix – 1 package

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

pineapple tidbits – 1 can (8 ounces)

### **[Dairy]**

milk - 2 to 3 tablespoons + 2/3 cup  
sour cream - 1/4 cup  
shredded Mexican multi-cheese - 1 cup  
pasteurized process cheese spread - 3/4  
pound  
butter or margarine - 1/4 cup

### **[Frozen]**

chicken stir fry skillet meal – 1 package

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

boneless pork loin chops - 4 (4 ounces  
each)  
ground beef - 1 pound  
deli turkeys – 1/2 pound  
bacon – 4 strips  
hot dogs - 4  
beef rump roast - 3 pounds  
broiler-fryer chicken – 1 (about 3  
pounds)