

# Angel Food Menus – Week 1 Of August 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**

onion – 1 tablespoon + 2 3/4 cups + 1/2 cup  
green onions – 1/4 cup  
fresh dill – 1 tablespoon (or 1 teaspoon dried dill weed)  
tomato – slices + wedges  
lettuce  
carrots – 1 cup  
lemon peels – 2 tablespoons grated  
green bell peppers – 1/2 cup + some cut up strips  
garlic – 1 teaspoon + 1 tablespoon  
fresh sliced mushrooms – 1 pound

## **[General Grocery] Beverages**

sherry – 2 tablespoons  
lemon juice – 1/2 cup  
white wine – 2 tablespoons

## **[Bakery and Bread]**

corn tortillas – 6 (6 inches each)

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

seasoned salt – 1 1/4 teaspoon  
pepper – 1/2 teaspoon + 1/8 teaspoon  
paprika  
flour – 4 tablespoons  
solid vegetable shortening – 2 tablespoons  
brown sugar – 1 cup  
salt – 1 teaspoon  
vegetable oil – 1 tablespoon (optional)  
sugar – 1 teaspoon + 2 tablespoons  
red pepper flakes – 1/4 teaspoon  
cornstarch – 2 teaspoons  
cumin – 1 teaspoon

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

creamy peanut butter – 1/2 cup  
soy sauce – 1/2 cup + 3 tablespoons

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

dry mustard – 2 teaspoons  
lima beans – 1 pound

spaghetti or linguini - 8 ounces  
Chinese noodles or other noodles – 1 package (7 ounces)

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

chili con carne with beans – 1 can (15 ounces)  
green chilies – 1 can (4 ounces)  
olives  
chicken broth or chicken bouillon - 1 1/2 cups  
cider vinegar – 1/4 cup  
marinara sauce – 1 jar (15 ounces)  
sliced mushrooms – 1 can (4 ounces) (optional)

## **[Dairy]**

eggs – 4  
milk – 2 cups  
shredded cheddar cheese – 1 cup  
shredded sharp cheddar cheese – 1 cup  
shredded Monterey-Jack cheese – 1 cup  
sour cream  
butter or margarine – 2 tablespoons + 1/2 cup butter  
whipped cream – 1/2 cup  
Parmesan cheese

## **[Meat and Poultry]**

boneless chicken breasts – 6  
ham - 2 ounces  
pork ribs (country style) – 4 pounds  
sweet Italian sausages – 1/2 pound  
pork tenderloin – 1 pound  
ribeye steaks – 4 (8 ounces each)

## **[Frozen]**

frozen shredded hash brown potatoes – 1 package (12 ounces)  
frozen breaded fish sticks (approx. 18) – 1 package (12 ounces)

## **[Miscellaneous]**

bamboo skewers – 8