

# **Angel Food Menus – Week 2 Of August**

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/>

## **Sunday**

### **Mac and Beef Dinner Entrée**

Makes 4 servings

1 2-pound package mac and beef dinner entree

Prepare mac and beef dinner entree as directed on package.

# Angel Food Menus – Week 2 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

## Monday

### Burger and Veggie Packets

Makes 5 servings

- 1 pound extra-lean or diet-lean ground beef
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic pepper
- 1/2 teaspoon onion powder
- 2 cups frozen mixed vegetables
- 30 frozen steak fries (from 28-ounce bag)
- 5 frozen half-ears corn on the cob
- 1/2 teaspoon garlic pepper

1. Heat oven to 450°. Cut five 18 x 12-inch sheets of aluminum foil. Mix beef, Worcestershire sauce, 1 teaspoon garlic pepper and the onion powder. Shape mixture into 5 patties, about 1/4-inch thick.
2. Place 1 patty on each foil sheet about 2 inches from 12-inch side. Top each with frozen vegetables and steak fries. Place 1 piece of corn next to each patty. Sprinkle 1/2 teaspoon garlic pepper over vegetables. Fold foil over patties and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Place packets on large cookie sheet.
3. Bake 15 to 20 minutes or until patties are no longer pink in center and juice of beef is clear. Place packets on plates. Cut large X across top of each packet; fold back foil.

# Angel Food Menus – Week 2 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

**Tuesday**

## **Turkey and Pasta Casserole**

Makes 4 servings

3/4 cup uncooked small pasta shells or elbow macaroni  
1 pound ground chicken or turkey  
2 cups frozen mixed vegetables (from 1-pound bag)  
1 (15-ounce) can Italian-style tomato sauce  
3/4 teaspoon garlic salt  
1/4 teaspoon pepper  
1/4 cup shredded Parmesan cheese

1. Heat oven to 400°. Cook pasta as directed on package. While pasta is cooking, cook chicken in 10-inch skillet over medium heat about 10 minutes, stirring occasionally, until no longer pink; drain.
2. Spoon chicken into ungreased 2-quart casserole. Stir in frozen vegetables, tomato sauce, pasta, garlic salt and pepper.
3. Cover and bake about 30 minutes or until vegetables are tender. Stir; sprinkle with cheese.

# Angel Food Menus – Week 2 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

## Wednesday

### Caribbean Chicken and Sweet Potatoes

Makes 8 servings

- 8 boneless skinless chicken breast halves (about 2 1/2 pounds)
- 1 cup light rum or apple juice
- 1/4 cup honey
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 cloves garlic, crushed
- 4 large sweet potatoes or yams, cut into 1/2 inch slices

#### Tropical Fruit Salsa:

- 1 mango
- 1 papaya
- 2 kiwifruit, peeled and chopped
- 1 jalapeno chiles, seeded and finely chopped
- 1 cup pineapple chunks
- 1 tablespoon finely chopped red onions
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons lime juice

Prepare Tropical Fruit Salsa. Place chicken in shallow glass or plastic dish. Mix remaining ingredients except sweet potatoes; pour over chicken. Cover and refrigerate 1 hour.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove chicken from marinade; reserve marinade. Cover and grill chicken 4 to 5 inches from medium heat 10 minutes. Turn chicken; brush with marinade. Add sweet potato slices to grill. Cover and grill chicken and potato slices 10 to 15 minutes, brushing frequently with marinade, until chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade. Serve chicken and potato slices with salsa.

# Angel Food Menus – Week 2 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

**Thursday**

## **Beef in Pita Pockets**

Makes 4 servings

- 2 pita bread (6 inches in diameter)
- 1/3 cup country-style or creamy Dijon style mustard
- 1/2 pound thinly sliced cooked deli roast beef
- 1 small tomato, thinly sliced
- 4 slices (1 ounce each) cheddar cheese or provolone cheese
- 4 lettuce leaves

1. Cut pita breads in half; open to form pockets. Spread mustard on inside of pita pocket halves.
2. Fill pockets with beef, tomato, cheese and lettuce. Serve immediately, or wrap securely with plastic wrap and refrigerate up to 24 hours to grab 'n go.

# Angel Food Menus – Week 2 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

**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.

# Angel Food Menus – Week 2 Of August

By [www.HillbillyHousewife.com](http://www.HillbillyHousewife.com)

## Saturday

### Smothered Pork Chops

Makes 6 servings

- 2 tablespoons cornstarch
- 1 (14 1/2-ounce) can beef broth
- 1/8 teaspoon pepper
- Vegetable cooking spray
- 6 pork chops 1/2 inch thick (about 1 1/2 lb)
- 1 medium onion sliced (about 1/2 cup)
- 6 cups hot cooked medium egg noodles (about 6 cups dry), cooked w/o salt

1. In bowl mix cornstarch broth, and pepper until smooth. Set aside.
2. Spray medium skillet with cooking spray and heat over medium-high heat 1 minute. Add chops in 2 batches and cook 10 minutes or until browned. Set chops aside.
3. Remove pan from heat. Spray with cooking spray. Reduce heat to medium. Add onion and cook until tender-crisp.
4. Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return chops to pan. Reduce heat to low. Cover and cook 5 minutes or until chops are no longer pink. Serve with noodles.