

Angel Food Menus – Week 3 Of August

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

Kung Pao Beef

Makes 4 servings

- 1/2 cup roasted peanuts
- 1 pound beef flank steaks or boneless sirloin steak
- 1 tablespoon vegetable oil
- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- Dash white peppers
- 2 hot green chilies
- 2 green onions (with tops)
- 1 medium red bell pepper
- 2 tablespoons vegetable oil
- 2 tablespoons vegetable oil
- 2 teaspoons finely chopped garlic
- 1 teaspoon finely chopped ginger root
- 2 tablespoons brown bean sauce
- 1/2 cup diced canned bamboo shoots
- 1 teaspoon sugar

Prepare Roasted Peanuts (see Fish & Shell Fish: Roasted Peanuts). Trim fat from beef steak; cut beef into 3/4-inch cubes. Toss beef, 1 tablespoon oil, the cornstarch, salt and white pepper in medium bowl. Cover and refrigerate 30 minutes.

Remove seeds and membranes from chilies. Cut chilies into very thin slices. Cut green onions diagonally into 1-inch pieces. Cut bell pepper into 3/4-inch squares.

Heat wok until very hot. Add 2 tablespoons vegetable oil; tilt wok to coat side. Add beef; stir-fry 2 minutes or until beef is brown. Remove beef from wok.

Heat wok until very hot. Add 2 tablespoons vegetable oil, tilt wok to coat side. Add chilies, garlic, gingerroot, bean sauce and bamboo shoots; stir-fry 1 minute. Add beef, bell peppers and sugar; stir-fry 1 minute. Stir in green onions. Sprinkle with peanuts.

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Monday

Chicken Supreme

Makes 10 servings

- 5 pounds chicken nuggets
- 6 cups water
- 1 onion coarsely chopped
- 1 bay leaf large
- 2 cups bread fresh crumbs, toasted
- 2 cups white rice cooked
- 1 cup celery chopped
- 4 eggs lightly beaten
- 1 onion small, chopped
- 1 4-ounce jar pimiento chopped, undrained
- 2 teaspoons salt

In a 5-quart Dutch oven over high heat, bring chicken, water, coarsely chopped onion and bay leaf to a boil; reduce heat to low, cover and simmer for 1 hour or until chicken is tender. Remove chicken. Strain broth; skim fat from surface and set broth aside. When chicken is cool enough to handle, remove meat from bones; cut into bite-size pieces. You should have about 4 cups of meat. Discard bones and skin.

Preheat oven to 400°. In a large bowl, mix chicken, bread crumbs, rice, celery, eggs, remaining chopped onion, pimiento, salt and 3 cups of the reserved chicken broth. Pour into a shallow 3-quart baking dish. Bake for 25 to 30 minutes or until set. Cut into squares. Serve plain or use leftover chicken broth to make your favorite chicken gravy or mushroom sauce.

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Tuesday

Ham and Broccoli Dinner

Makes 12 servings

2 10 1/2-ounce packages frozen broccoli spears cooked
6 eggs hard-cooked, sliced
2 cups ham cooked diced
1/2 pound American cheese grated
1/3 cup tapioca quick-cooking
1/3 cup green bell peppers diced
1/3 cup onions diced
1/3 cup celery diced
2 tablespoons parsley chopped fresh
1/3 cup mayonnaise real
1 cup evaporated milk
2 10 1/2-ounce cans cream of mushroom soup
1 cup bread crumbs dry
1/4 cup margarine melted

Heat oven to 350° F. Grease a 9 x 13-inch baking dish. Cut broccoli spears into bite-size pieces and spread in baking dish; cover with sliced eggs. Combine ham, cheese, tapioca, green pepper, onion, celery, parsley, mayonnaise, milk, and soup. Pour over contents of baking dish. Cover with a mixture of bread crumbs and melted margarine. Cover and bake for 15 minutes; uncover and bake for another 15 minutes.

Note: Make ahead and remove from refrigerator 1 hour before baking.

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Wednesday

Tuna Tetrazzini

Makes 6 servings

2 tablespoons margarine
1/3 cup celery chopped
1/3 cup onions chopped
2 10 1/2-ounce cans cream of mushroom soup
2 6 1/2-ounce cans tuna solid meat packed in water, flaked (reserve liquid)
1 soup can liquid (tuna liquid plus enough water to fill can)
1 1/4 cups parmesan cheese grated
2/3 cup green olives sliced stuffed
2 tablespoons pimiento chopped
3 tablespoons parsley chopped fresh
1 tablespoon lemon juice fresh
1/2 teaspoon thyme dried, crushed
1/2 teaspoon marjoram dried, crushed
1/2 teaspoon garlic powder (optional)
1/2 pound spaghetti cooked and drained

In a large skillet heat margarine; add celery and onion. Sauté for 5 minutes, stirring. Add soup and liquid; simmer 3 minutes. Add 1/4 cup Parmesan cheese, tuna, olives, and pimiento. Combine and heat thoroughly. Season with parsley, lemon juice, thyme, marjoram, and optional garlic powder. Mix in spaghetti and pour mixture into a greased 3-quart baking dish. Top with remaining 1 cup Parmesan cheese. Bake in a preheated 375° F oven for 30 minutes or until hot and bubbly. Brown under broiler.

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Thursday

Pasta and Bean Skillet

Makes 4 servings

1 cup salsa

2/3 cup uncooked elbow macaroni, wagon wheel pasta (rotelle) or small pasta shells (2 ounces)

3/4 cup water

2 teaspoons chili powder

1 (15-ounce) can pork and beans, undrained, or kidney beans, rinsed and drained

1 (8-ounce) can tomato sauce

1/2 cup shredded cheddar cheese (2 ounces)

1. Heat all ingredients except cheese to boiling in 10-inch nonstick skillet; reduce heat to low.
2. Cover and simmer about 15 minutes, stirring frequently, just until macaroni is tender. Sprinkle with cheese.

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Friday

Chicken and Strata Divan

Makes 8 servings

6 slices bread crusts removed
2 10 1/2-ounce packages frozen broccoli spears cooked and well-drained
3/4 pound sharp cheddar cheese grated or longhorn cheese
3 cups chicken cubed cooked or ham, or mixture of both
1 cup evaporated milk
2 1/2 cups chicken broth
6 eggs beaten
1/2 teaspoon salt
1 teaspoon dry mustard
2 tablespoons onions minced
12 slices bread cut into rounds
Parmesan cheese Grated

Place 6 whole bread slices in the bottom of a greased 9 x 13-inch baking dish. Cover with broccoli; layer with one-half of the cheese. Add meat and remainder of cheese. Combine milk, chicken stock, eggs, salt, mustard, and onion. Pour gently over layers. Top with bread rounds. Cover and place in refrigerator overnight. Bring to room temperature before baking in a preheated 325° F oven for 55 minutes or until set. Sprinkle Parmesan cheese on top of bread rounds; carefully brown under broiler. Let set 10 minutes before serving.

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Saturday

Pork Casserole

Makes 14 servings

- 2 pounds pork steaks cubed
- 1 onion medium, minced
- 2 cups celery diced
- 1 green bell pepper minced
- 1/4 pound mushrooms fresh, sliced
- Vegetable oil (optional)
- Salt and freshly ground pepper to taste
- 1 2-ounce can pimiento drained and minced
- 1 10 1/2-ounce can cream of mushroom soup
- 1 10 1/2-ounce can cream of chicken soup
- 1/4 cup water
- 1/3 cup soy sauce
- 1/4 cup sugar
- 1 8-ounce package pasta shells cooked and drained
- Chow mein noodles

Brown meat; add onion, celery, green pepper, and mushrooms. Sauté in meat juices until vegetables are limp, adding vegetable oil if needed. Add salt and pepper to taste. Mix in pimiento, soups, water, soy sauce, and sugar. Add macaroni to meat-vegetable mixture. Pour into a 9 x 13-inch greased casserole or 2 8-inch square casseroles and top with chow mein noodles. Cover with foil and bake in a preheated 350° F oven for 1 hour. Remove foil and bake 15 minutes to crisp noodles.