

# Angel Food Menus – Week 3 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**

white peppers – dash  
green chilies – 2  
green onions (with tops) – 2  
red bell pepper – 1  
garlic – 2 teaspoons  
ginger root – 1 teaspoon  
onions – 3 + 2/3 cup + 2 tablespoons  
celery – 3 2/3 cups  
green bell peppers – 1 + 1/3 cup  
fresh parsley – 5 tablespoons  
dried thyme – 1/2 teaspoon  
dried marjoram – 1/2 teaspoon  
fresh mushrooms – 1/4 pound

## **[General Grocery] Beverages**

fresh lemon juice – 1 tablespoon  
bread – 18 slices

## **[Bakery and Bread]**

fresh bread crumbs – 2 cups + 1 cup dry

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

peanuts – 1/2 cup  
vegetable oil – 3 tablespoons  
cornstarch – 2 teaspoons  
salt – 3 teaspoons + to taste  
sugar – 1 teaspoon + 1/4 cup  
bay leaves – 1  
quick-cooking tapioca – 1/3 cup  
garlic powder – 1/2 teaspoon  
chili powder – 2 teaspoons  
freshly ground pepper – to taste

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

brown bean sauce – 2 tablespoons  
real mayonnaise – 1/3 cup  
dry mustard – 1 teaspoon  
soy sauce – 1/3 cup

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

white rice – 2 cups  
spaghetti – 1/2 pound  
elbow macaroni, wagon wheel pasta (rotelle) or small pasta shells – 2/3 cup  
pasta shells – 8 ounces  
chow mein noodles

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

canned bamboo shoots – 1/2 cup  
pimiento – 2 jars (1-4 ounce & 1-2 ounce) + 2 tablespoons  
evaporated milk – 2 cups  
cream of mushroom soup – 5 cans (10 1/2 ounces each)  
tuna in water – 2 cans (6 1/2 ounces each)  
stuffed green olives – 2/3 cup  
salsa – 1 cup  
pork and beans or kidney beans – 1 can (15 ounces)  
tomato sauce – 1 can (8 ounces)  
chicken broth – 2 1/2 cups  
cream of chicken soup – 1 can (10 1/2 ounces)

## **[Dairy]**

eggs – 16  
American cheese – 1/2 pound  
margarine or butter – 1/4 cup + 2 tablespoons  
parmesan cheese – 1 1/4 cups  
Shredded cheddar cheese – 1/2 cup  
sharp cheddar cheese or longhorn cheese – 3/4 pound

## **[Meat and Poultry]**

beef flank steaks or boneless sirloin steak – 1 pound  
ham – 2 cups  
chicken – 3 cups (may substitute for ham or use a combination of both)  
pork steaks – 2 pounds

## **[Frozen]**

chicken nuggets – 5 pounds  
frozen broccoli spears – 4 packages (10 1/2 ounces each)