

Angel Food Menus – Week 4 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

Fiesta Taco Casserole

Makes 6 servings

- 1 pound lean ground beef
- 1 (15-ounce) can spicy chili beans, undrained
- 1 cup salsa
- 2 cups coarsely broken tortilla chips
- 1/2 cup reduced-fat sour cream
- 4 medium green onions, sliced (1/2 cup)
- 1 medium tomato, chopped (3/4 cup)
- 1/2 cup shredded cheddar cheese or Monterey Jack (4 ounces)
- Tortilla chip, if desired
- Shredded lettuce, if desired
- Salsa, if desired

Heat oven to 350°. Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in beans and salsa. Heat to boiling, stirring occasionally. Place broken tortilla chips in ungreased 2-quart casserole. Top with beef mixture. Spread with sour cream. Sprinkle with onions, tomato and cheese. Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange tortilla chips around edge of casserole. Serve with lettuce and salsa.

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Monday

Grilled Honey Mustard Pork Chops

Makes 4 servings

- 1/4 cup honey
- 2 tablespoons Dijon style mustard
- 1 tablespoon orange juice
- 1 teaspoon chopped fresh or 1/4 teaspoon dried tarragon leaves
- 1 teaspoon cider vinegar
- 1/2 teaspoon white wine or regular Worcestershire sauce
- Dash of onion powder
- 4 boneless pork loin chops, 1/2 inch thick (about 1 pound)

1. Mix all ingredients except pork.
2. Cover and grill pork 4 to 5 inches from medium coals 10 to 12 minutes, brushing occasionally with honey mixture and turning once, until pork is tender and slightly pink when centers of thickest pieces are cut. Discard any remaining honey mixture.

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Tuesday

Chicken and Rice Casserole

Makes 8 servings

- 3 pounds broiler-fryer chicken, cut into parts
- 1 onion sliced
- 1 tablespoon salt
- 2 cups water
- 1 teaspoon salt
- 1 cup long grain rice uncooked
- 1/2 cup butter
- 1 cup mushrooms sliced
- 1/2 cup flour
- 3 cups chicken broth
- 1 cup cream heavy
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon turmeric
- 1/4 teaspoon oregano crushed
- 2 tablespoons green onions, sliced
- 1 cup cheddar cheese, shredded

Wash chicken parts. In large kettle cook chicken parts in enough water to barely cover chicken; add sliced onion and 1 tablespoon salt. When chicken is tender, drain; save broth. Remove bone and skin from chicken pieces; cut into pieces and set aside. In medium saucepan bring 2 cups water to boil, add 1 teaspoon salt; stir in rice, reduce heat; cover and cook 25 minutes.

Meanwhile, in medium saucepan melt butter (or margarine) over medium heat; add sliced mushrooms; cook and stir until lightly browned. Sprinkle flour over mushrooms and gently stir. Add 3 cups reserved chicken broth; cook and stir until smooth and thick. Add cream and seasonings. Spoon cooked rice into 3-quart casserole; top with chicken, then with sauce. Sprinkle with sliced green onions and cheese. Bake at 400 degrees F. for 20 to 30 minutes.

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Wednesday

Cheesy Lasagna

Makes 12 servings

1/2 cup margarine or butter
1/2 cup all-purpose flour
1/2 teaspoon salt
4 cups milk
1 cup shredded Swiss cheese (4 ounces)
1 cup shredded mozzarella cheese (4 ounces)
1/2 cup grated Parmesan cheese
2 cups small curd cottage cheese
1/4 cup snipped parsley
1 tablespoon snipped fresh or 1 teaspoon dried basil leaves
1/2 teaspoon salt
1 teaspoon snipped fresh or 1/2 teaspoon dried oregano leaves
2 cloves garlic, crushed
12 uncooked lasagna noodles
1/2 cup grated Parmesan cheese

1. Heat oven to 350°.
2. Heat margarine in 2-quart saucepan over low heat until melted. Stir in flour and 1/2 teaspoon salt. Cook, stirring constantly, until smooth and bubbly. Remove from heat; stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.
3. Stir in Swiss cheese, mozzarella cheese and 1/2 cup Parmesan cheese. Cook and stir over low heat until cheeses are melted. Mix remaining ingredients except noodles and remaining Parmesan cheese.
4. Spread 1/4 of the cheese sauce mixture in ungreased rectangular baking dish, 13 x 9 x 2 inches; top with 4 uncooked noodles. Spread 1 cup of the cottage cheese mixture over noodles; spread with 1/4 of the cheese sauce mixture. Repeat with 4 noodles, the remaining cottage cheese mixture, 1/4 of the cheese sauce mixture, the remaining noodles and remaining cheese sauce mixture. Sprinkle with 1/2 cup Parmesan cheese.
5. Bake uncovered until noodles are done, 35 to 40 minutes. Let stand 10 minutes before cutting.

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Thursday

Easy Southwestern Stroganoff

Makes 4 servings

- 1 pound ground beef
- 1 cup water
- 1 (16-ounce) jar thick-and-chunky salsa
- 2 cups uncooked wagon wheel pasta (rotelle) (4 ounces)
- 1/2 teaspoon salt
- 1/2 cup sour cream

1. Cook beef in 10-inch skillet over medium-high heat about 8 minutes, stirring occasionally, until brown; drain.
2. Stir water, salsa, pasta and salt into beef. Heat to boiling; reduce heat. Cover and simmer about 15 minutes, stirring occasionally, until pasta is tender.
3. Stir in sour cream. Cook just until hot.

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Friday

Italian Spaghetti Meat Sauce

Makes 4 servings

- 1 pound ground beef
- 1 cup onions, chopped
- 1 clove garlic, crushed
- 3 1/2 cups tomatoes, whole, peeled
- 2/3 cup tomato paste
- 1/2 cup water
- 1/2 cup mushrooms, sliced, and liquid
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 teaspoon salt
- 1/8 teaspoon black pepper

Brown ground chuck with onion and garlic in large saucepan. Drain off fat. Put in crockpot with remaining ingredients. Stir to break up tomatoes. Cook all day in the crockpot on LOW setting. Stir occasionally.

Serve over hot cooked pasta.

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Saturday

Fried Chicken

Makes 6 servings

1/2 cup all-purpose flour
1 teaspoon salt
1 teaspoon paprika
1/4 teaspoon pepper
2 1/2- to 3- pound cut-up broiler-fryer chicken
Vegetable oil
Creamy Gravy (below)

CREAMY GRAVY

1 tablespoon all-purpose flour
1/2 cup chicken broth or water
1/2 cup milk
Salt and pepper to taste

1. Mix flour, salt, paprika and pepper. Coat chicken with flour mixture.
2. Heat oil (1/4 inch) in 12-inch skillet over medium-high heat until hot. Cook chicken in oil until light brown on all sides, about 10 minutes; reduce heat. Cover tightly and simmer, turning once or twice, until thickest pieces are done and juices of chicken run clear, about 35 minutes. If skillet cannot be covered tightly, add 1 to 2 tablespoons water.
3. Remove cover during the last 5 minutes of cooking to crisp chicken. Remove chicken; keep warm. Prepare Creamy Gravy; serve with chicken.

For Creamy Gravy

1. Pour drippings from skillet into bowl, leaving brown particles in skillet. Return 2 tablespoons drippings to skillet. Stir in flour.
2. Cook over low heat, stirring constantly, until smooth and bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in a few drops browning sauce, if desired. Stir in salt and pepper.