

Angel Food Menus – Week 4 Of August Shopping List

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/>

[Fresh Produce] Fruits and Vegetables

green onions – 4, 2 tablespoons + 1 cup & 1 regular onion
tomatoes – 1 + 3 1/2 cups
lettuce – optional
fresh tarragon – 1 teaspoon (or 1/4 teaspoon dried tarragon leaves)
mushrooms – 1 1/2 cups
fresh parsley – 1/4 cup
fresh basil - 1 tablespoon (or 1 teaspoon dried basil leaves)
fresh oregano - 1 teaspoon (or 1/2 teaspoon dried oregano leaves)
garlic cloves – 3

[General Grocery] Beverages

orange juice – 1 tablespoon
white wine – 1/2 teaspoon (or regular Worcestershire sauce)

[General Grocery] Cooking and Baking

onion powder – dash
salt – 1 tablespoon + 5 1/2 teaspoons
flour – 1 1/2 cups + 1 tablespoon
pepper – 3/8 teaspoon + 1/4 teaspoon
turmeric – 1/4 teaspoon
oregano – 1 1/4 teaspoons
basil – 1/2 teaspoon
paprika – 1 teaspoon
vegetable oil

[General Grocery] Condiments and Sauces

honey – 1/4 cup
Dijon style mustard – 2 tablespoons

[General Grocery] Dry Foods and Mixes

long grain rice – 1 cup
lasagna noodles – 12
wagon wheel pasta – 2 cups

[General Grocery] Canned and Bottled

spicy chili beans – 1 can (15 ounces)
salsa – 1 cup + 1 jar thick-and-chunky salsa
cider vinegar – 1 teaspoon
chicken broth – 3 1/2 cups (1/2 cup of it may be substituted with water)
tomato paste – 2/3 cup

[Dairy]

reduced-fat sour cream – 1/2 cup
shredded cheddar cheese – 1 1/2 cups (for 1/2 cup of it you may use Monterey Jack)
butter or margarine – 1 cup
heavy cream – 1 cup
milk – 4 1/2 cups
shredded Swiss cheese – 1 cup
shredded mozzarella cheese – 1 cup
Parmesan cheese – 1 cup
small curd cottage cheese – 2 cups
sour cream – 1/2 cup

[Meat and Poultry]

lean ground beef – 1 pound + 2 pounds
regular ground beef
boneless pork loin chops – 4
broiler-fryer chicken – 2 (1-3 pounds, 1-2 1/2 to 3 pounds)

[Miscellaneous]

tortilla chips – 2 cups