

Angel Food Menus – Week 2 Of September

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

Impossible Tuna and Cheddar Pie

Makes 6 servings

- 2 cups chopped onions
- 1/4 cup margarine or butter
- 2 (6-ounce) cans tuna, drained
- 2 cups shredded cheddar cheese (8 ounces)
- 3 eggs
- 1 1/4 cups milk
- 1 cup Original Bisquick® baking mix
- 1/8 teaspoon pepper
- 2 tomatoes, thinly sliced

1. Heat oven to 400°. Grease glass pie plate, 10 x 1 1/2 inches, or square baking dish, 8 x 8 x 2 inches, or six 10-ounce custard cups.
2. Cook onions in margarine in 10-inch skillet over low heat, stirring occasionally, until onions are light brown. Sprinkle tuna, 1 cup of the cheese and the onions in pie plate.
3. Stir eggs, milk, baking mix and pepper with fork until blended. Pour into pie plate.
4. Bake pie plate or square dish, 25 to 30 minutes, custard cups, 20 to 25 minutes, or until knife inserted in center comes out clean. Top with tomato slices and remaining cheese. Bake 3 to 5 minutes longer or until cheese is melted. Cool 5 minutes.

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Monday

Chili Cornbread Casserole

Makes 6 servings

Cornbread:

1 cup flour

1 cup cornmeal

2 tablespoons sugar

4 teaspoons baking powder

1 teaspoon salt

1 cup milk

1/4 cup vegetable oil

1 egg - slightly beaten

1 16-ounce can chili beans

1 pound ground beef - browned

1 cup cheddar cheese - shredded

Preheat the oven to 425°F. Grease an 8 or 9-inch square pan or casserole dish. Combine the flour, cornmeal, sugar, baking powder, and salt in a mixing bowl. Stir in the milk, oil, and egg just until moistened. Pour half of the batter into the prepared dish. Stir the browned hamburger into the chili beans. Pour this mixture over the layer of cornbread. Sprinkle with the shredded cheese to cover. Pour the remaining batter over the cheese layer and spread to cover. Bake for 25-30 minutes or until the sides are browned and a toothpick inserted in the center comes out mostly clean. Serve with remaining cheese and sour cream, if desired.

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Tuesday

Chicken Cheese Chowder

Makes 6 servings

- 2 tablespoons margarine or butter
- 1 small onion, finely chopped (1/4 cup)
- 1 1/2 teaspoons ground cumin
- 1/2 pound boneless skinless chicken breast halves, cut into 1 inch pieces
- 2 large sweet potatoes, cut into 1 inch pieces
- 1 (14 1/2-ounce) can chicken broth
- 1/2 cup heavy whipping cream
- 2 teaspoons chili powder
- 1/4 teaspoon salt
- 1 (16-ounce) can cream style corn
- 1 (4-ounce) can chopped green chilies, drained
- 1 cup shredded Monterey Jack-Colby cheese (4 ounces)
- Chopped fresh cilantro, if desired

Melt margarine in Dutch oven over medium heat. Cook onion, cumin and chicken in margarine 8 to 10 minutes, stirring occasionally, until chicken is no longer pink in center.

Stir in sweet potatoes and broth. Heat to boiling; reduce heat to low. Cover and simmer about 8 minutes or until potatoes are tender.

Stir in remaining ingredients except cheese and cilantro; cook until hot. Gradually stir in cheese just until melted. Sprinkle each serving with cilantro.

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Wednesday

Club Quesadillas

Makes 4 servings

1/2 cup mayonnaise
8 flour tortillas (8 inch)
4 large lettuce Leaves
2 medium tomatoes sliced
8 slices deli turkeys
8 slices deli ham
8 slices provolone cheese
8 bacon strips cooked
Salsa (optional)

1. Spread mayonnaise on each tortilla.
2. On four tortillas, layer lettuce, tomatoes, turkey, ham, cheese, and bacon; top with remaining tortillas.
3. Cut into quarters and serve with salsa if desired.

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Thursday

Thin Spaghetti with Walnuts

Makes 4 servings

1/4 cup olive oil
3 cloves large garlic, lightly crushed
1 cup walnuts, finely chopped
Salt
1 pound fine spaghetti (spaghettini), fine linguine, or vermicelli
1/2 cup freshly grated Pecorino Romano cheese
Freshly ground black pepper
2 tablespoons chopped fresh flat-leaf parsley

1 Pour the oil into a skillet large enough to hold the pasta. Add the garlic and cook over medium heat pressing the garlic occasionally with the back of a spoon until it turns deep gold, about 3 to 4 minutes. Remove the garlic from the pan. Stir in the walnuts and cook until lightly toasted, about 5 minutes.

2 Bring at least 4 quarts of water to a boil in a large pot. Add 2 tablespoons of salt, then the pasta. Stir well. Cook over high heat, stirring frequently, until the pasta is al dente, tender yet still firm to the bite. Drain the pasta, reserving some of the cooking water.

3 Toss the pasta with the nut sauce and just enough of the cooking water to keep it moist. Add the cheese and a generous grinding of black pepper. Toss well. Add the parsley and serve immediately.

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Friday

Texas Style Smoky Flank Steak

Makes 4 servings

- 1 beef flank steak (1 1/2 lb.)
- 3 tablespoons butter or margarine
- 1 onion large, cut in 1/4 -inch thick rings (about 4
- 1 cup barbecue sauce hickory smoke

Adjust oven rack 6 inches from heat source. Preheat broiler. Coat a broiler pan and rack with non-stick spray.

Slash fat on steak at 1-inch intervals to prevent curling. Place on broiler pan rack; set aside.

In a medium saucepan over medium-low heat, melt butter. Stir in onion until coated. Cover and cook for 5 minutes or until limp. Uncover and cook 7 minutes longer or until golden brown, stirring frequently.

Brush steak with 1 tablespoon of the barbecue sauce and broil for 6 to 7 minutes. Turn over steak; brush with 1 tablespoon of the sauce and broil 6 to 7 minutes longer for medium rare or until desired doneness. Let stand for 2 to 3 minutes before slicing.

Stir remaining barbecue sauce into onion. Diagonally slice meat very thinly across the grain. Place meat with juices on a warm platter and top with onion sauce.

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Saturday

Oregano Chicken

Makes 6 servings

- 1/4 cup butter or margarine, melted
- 1 envelope dry Italian salad dressing mix
- 1 tablespoon lemon juice
- 1 broiler-fryer chicken (3 1/2 - 4 pounds) cut up
- 1 tablespoon oregano

1. Combine the butter, salad dressing mix and lemon juice.
2. Place chicken in an ungreased 13x9 inch baking pan.
3. Spoon butter mixture over chicken.
4. Cover and bake at 350 degrees for 45 minutes.
5. Uncover and baste with pan drippings; sprinkle with oregano.
6. Bake 15-20 minutes longer or until the chicken juices run clear.