

Angel Food Menus – Week 2 Of September 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

onions – 2 cups + 2
tomatoes – 4
fresh cilantro – optional
sweet potatoes – 2
lettuce – 4 leaves
garlic cloves – 3
fresh flat-leaf parsley – 2 tablespoons

[General Grocery] Beverages

lemon juice – 1 tablespoon

[Bakery and Bread]

flour tortillas – 8 (8 inch)

[General Grocery] Cooking and Baking

pepper – 1/8 teaspoon
flour – 1 cup
sugar – 2 tablespoons
baking powder – 4 teaspoons
salt – 1 1/4 teaspoons
vegetable oil – 1/4 cup
cumin – 1 1/2 teaspoons
chili powder – 2 teaspoons
olive oil – 1/4 cup
walnuts – 1 cup
freshly ground black pepper
oregano – 1 tablespoon

[General Grocery] Condiments and Sauces

mayonnaise – 1/2 cup
barbecue sauce (hickory smoked) – 1 cup

[General Grocery] Dry Foods and Mixes

Original Bisquick – 1 cup
fine spaghetti – 1 pound
cornmeal – 1 cup
dry Italian salad dressing mix – 1 envelope

[General Grocery] Canned and Bottled

tuna – 2 cans (6 ounces each)
chili beans – 1 can (16 ounces)
chicken broth – 1 can (14 1/2 ounces)
cream style corn – 1 can (16 ounces)
green chilies – 1 can (4 ounces)
salsa – optional

[Dairy]

margarine or butter – 1/2 cup + 5
tablespoons
eggs – 4
milk – 2 1/4 cups
shredded cheddar cheese – 3 cups
heavy whipping cream – 1/2 cup
shredded Monterey Jack-Colby cheese – 1
cup
Provolone cheese – 8 slices
Pecorino Romano cheese – 1/2 cup

[Meat and Poultry]

ground beef – 1 pound
boneless skinless chicken breast halves – 1/2
pound
turkey – 8 slices (deli turkey)
ham – 8 slices (deli ham)
bacon – 8 strips
beef flank steak – 1
broiler-fryer chicken – 1