

# Angel Food Menus – Week 3 Of September

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/>

## Sunday

### Chicken in Creamy Gravy

- 4 boneless skinless chicken breast halves
- 1 tablespoon canola oil
- 1 can reduced fat cream of broccoli soup undiluted
- 1/4 cup fat free milk
- 2 teaspoons lemon juice
- 1/8 teaspoon pepper
- 4 lemon slices

1. In a nonstick skillet, cook chicken in oil until browned on both sides. (Approx. 10 minutes) Drain.
2. In a bowl combine soup, milk, lemon juice and pepper. Pour over chicken.
3. Top each chicken breast with a lemon slice.
4. Reduce heat. Cover and simmer until chicken juices run clear. (Approx. 5 minutes)

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## Monday

### Oven Pork Chops

Makes 8 servings

8 pork chops, 1-inch thick, loin pork chops may also be used  
2 tablespoons vegetable oil  
1 tablespoon flour  
1/4 cup dried minced onion  
2 tablespoons beef bouillon granules  
1/2 teaspoon onion powder  
1 1/4 cups water boiling  
1 cup sour cream dairy

Preheat oven to 325 degrees F.

Brown chops in oil in hot skillet. Remove chops to baking pan. Pour fat from skillet, leaving about 1 tablespoon in pan. Add flour, dried onion, beef bouillon, and onion powder (if desired, commercial onion soup mix may be substituted for dried onion, bouillon, and onion powder). Blend in water. Pour over chops.

Cover with foil; bake in preheated oven for 1 to 1 1/2 hours or until tender. Remove from oven.

Place chops on serving plate. Garnish with celery leaves or parsley.

To make gravy, blend sour cream into pan liquid; heat.

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**Tuesday**

## **Nacho Taco Salad**

Makes 6 servings

- 1 pound ground beef
- 1/3 cup onions chopped
- 1 15-ounce can kidney beans drained
- 1/2 cup French salad dressing (spicy variety)
- 1/2 cup water
- 1 tablespoon chili powder
- 1/2 teaspoon cumin ground
- 1/2 teaspoon salt
- 4 cups lettuce shredded
- 1/2 cup green onions sliced
- 1 1/2 cups cheddar cheese shredded
- 1 cup crumbled tortilla chips

Brown meat in a skillet; drain off excess fat. Add onion and cook until tender but not brown. Stir in beans, salad dressing, water and seasonings; simmer for 15 minutes.

Combine lettuce and green onions in a salad bowl. Just before serving, add meat mixture and 1 cup cheese; toss lightly. Sprinkle with remaining 1/2 cup cheese and crisp tortilla chips.

Serve immediately.

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**Wednesday**

## **Potato-Chicken Bake**

Makes 4 servings

- 3 cups potatoes, boiled and mashed
- 1 cup shredded Cheddar cheese, divided
- 1 (6-ounce) can French-fried onions, divided
- 1 1/2 cups chicken, cooked and cubed
- 1 (10-ounce) package frozen mixed vegetables, thawed
- 1 (10 3/4-ounce) can cream of chicken soup
- 1/4 cup milk
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1/4 teaspoon garlic powder

Combine potatoes, 1/2 cup cheese and 1/2 can onions; mix well. Spread in a greased 2-quart casserole dish; set aside.

Mix chicken, vegetables, soup, milk and seasonings together; spread over potato mixture.

Bake, uncovered, at 375 degrees for 30 minutes; top with remaining cheese and onions. Return to oven until cheese melts, 3 to 5 minutes.

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**Thursday**

## **Pork Chop Dinner with Bacon and Cider Gravy**

Makes 4 servings

- 4 ounces (2 1/2 cups) uncooked extra-wide egg noodles
- 2 cups frozen cut green beans
- 3 slices bacon, cut into small pieces
- 4 (4-ounce) boneless pork loin chops
- 1/4 cup chopped onions
- 1 cup apple cider or juice
- 1 teaspoon honey mustard
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme leaves
- 1/8 teaspoon pepper
- 1 tablespoon water
- 1 tablespoon cornstarch

1. Cook noodles to desired doneness as directed on package, adding green beans during last 4 minutes of cooking time. Drain; cover to keep warm.
2. Meanwhile, in large skillet, cook bacon over medium heat until brown and crisp. With slotted spoon, remove bacon from skillet; drain on paper towels. Drain and discard all drippings from skillet.
3. Place pork chops in skillet near center. Sprinkle onion around pork chops. Cook 3 to 5 minutes or until pork chops are golden brown, turning once. In small bowl, combine cider, mustard, salt, thyme and pepper; mix well. Pour over chops. Reduce heat to low; cover and cook 10 to 15 minutes or until pork is no longer pink in center.
4. Arrange noodles and green beans on serving platter. Place pork chops on top of noodle mixture; cover to keep warm.
5. In small bowl, combine water and cornstarch; blend until smooth. Add to juices in skillet; mix well. Cook and stir over medium-low heat until bubbly and thickened; boil 1 minute. (If desired, gravy can be strained.)
6. To serve, pour gravy over pork chops and noodles. Sprinkle with bacon.

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**Friday**

**Turkey Burgers**

Makes 4 servings

4 six ounces turkey burgers

4 hamburger buns

Prepare turkey burgers as directed on package. Serve on buns.

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**Saturday**

## **Slow Cooker Pot Roast**

Makes 8 servings

Beef chuck pot roast 4-6 pounds  
4 potatoes peeled and cut into large pieces  
16 ounces frozen carrots  
2 cans cream of mushroom soup  
1 1/4 cups warm water  
1 beef bouillon cube  
1 packet onion soup mix

1. In a slow cooker, mix cream of mushroom soup, dry onion soup mix, beef bouillon cube and water.
2. Place vegetables in mixture
3. Top with pot roast and coat roast with soup mixture.
4. Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.