

Angel Food Menus – Week 3 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

lemon slices – 4
onions – 1/3cup + 1/4 cup
lettuce – 4 cups
green onions – 1/2 cup
potatoes – 4, 3 cups
thyme – 1/4 teaspoon dried thyme leaves

[General Grocery] Beverages

lemon juice – 2 teaspoons
apple cider or juice – 1 cup

[Bakery and Bread]

hamburger buns – 4

[General Grocery] Cooking and Baking

canola oil – 1 tablespoon
pepper – 1/2 teaspoon
vegetable oil – 2 tablespoons
flour – 1 tablespoon
onion powder – 1/2 teaspoon
beef bouillon – 2 tablespoons
dried minced onion – 1/4 cup
chili powder – 1 tablespoon
cumin – 1/2 teaspoon
salt – 3/4 teaspoon
garlic powder – 1/4 teaspoon
beef bouillon – 1 cube
cornstarch – 1 tablespoon

[General Grocery] Condiments and Sauces

French salad dressing (spicy variety) – 1/2 cup
dry mustard – 1/2 teaspoon
honey mustard – 1 teaspoon

[General Grocery] Dry Foods and Mixes

onion soup mix – 1 packet
extra wide egg noodles – 2 1/2 cups

[General Grocery] Canned and Bottled

reduced-fat cream of broccoli soup – 1 can
kidney beans – 1 can (15 ounces)
cream of chicken soup – 1 can (10 3/4 ounces)
cream of mushroom soup – 2 cans

[Dairy]

fat-free milk – 1/4 cup
regular milk – 1/4 cup
sour cream – 1 cup
ground beef – 1 pound
shredded cheddar cheese – 2 1/2 cups

[Meat and Poultry]

boneless skinless chicken breast halves – 4
pork chops – 8 (1 inch thick) + 4 boneless
pork loin chops (4 ounces each)
chicken – 1 1/2 cups
turkey burger – 4
beef chuck pot roast – 4 to 6 pounds
bacon – 3 slices

[Frozen]

frozen mixed vegetables – 1 package (10 ounces)
frozen carrots – 16 ounces
frozen green beans - 2 cups

[Miscellaneous]

Tortilla chips – 1 cup
French fried onions – 1 can (6 ounces)