

Angel Food Menus – Week 4 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

Bean Tater Tot Casserole

Makes 6 servings

- 1 pound lean ground beef (make sure to use lean or it will be really greasy)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 onion chopped
- 1 16-ounce bag frozen green beans
- 1 can cream of mushroom soup
- 1 cup shredded cheddar cheese
- 1 21-ounce bag tater tots

1. Crumble raw ground beef in bottom of slow cooker. Sprinkle with salt and pepper.
2. Layer remaining ingredients on beef in order listed.
3. Cover. Cook on high 1 hour, Reduce heat to low and cook for 3 hours.

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Monday

Chicken Cilantro Enchilada

Makes 6 servings

2 chicken breasts whole, about 2 pounds
2 cups water
1 onion sliced
1 clove garlic minced
2 to 3 sprigs cilantro or fresh or parsley
1 1/3 cups chicken broth
2 10-ounce cans mild enchilada sauce
4 cups Monterey jack cheese coarsely grated
8 green onions thinly sliced
2 tablespoons cilantro chopped fresh leaves
Salt and freshly ground pepper to taste
Few drops hot pepper sauce
12 corn tortillas
Garnish with any or all of the following:
Shredded iceberg lettuce
Sour cream Dairy
Guacamole or sliced avocado

Bring chicken breasts to boil in water with onion, garlic, and cilantro or parsley sprigs; reduce heat and simmer until tender, about 10 minutes. Remove chicken from broth when cool and shred meat; strain broth. Add 1 1/3 cups broth to enchilada sauce; set aside.

For filling, combine chicken, 2 cups cheese, green onions, and cilantro leaves with salt, pepper, and hot pepper sauce to taste. Add 1 cup enchilada sauce to moisten.

Warm tortillas on hot griddle or skillet until flexible, turning once; dip in enchilada sauce and lay flat. Fill with 2 to 3 tablespoons chicken filling; roll and place in 9 x 13-inch greased baking dish, seam side down. Spoon remaining enchilada sauce over tortillas and sprinkle evenly with remaining 2 cups cheese.

Cover baking dish with foil; place in preheated 350° F oven for about 20 minutes or until sauce bubbles and cheese melts.

Garnish with your choice of lettuce, sour cream, and guacamole or sliced avocado.

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Tuesday

Pork Chop Skillet

Makes 4 servings

4 pork chops, well-trimmed
1 10-ounce can chicken broth
3/4 cup water
1 1-pound can tomatoes chopped
2 1/2 cups noodles fine, broken in pieces
Salt
Black pepper

In skillet brown pork chops using shortening if necessary; drain off fat. Add chicken broth and water. Cover pan; simmer 15 minutes. Add tomatoes and noodles; season to taste with salt and pepper. Cover; cook 15 minutes longer or until noodles are tender, stirring often.

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Wednesday

Pizz-agna

Makes 8 servings

- 1 package yeast
- 1 cup water warm (110° to 115°)
- 2 tablespoons vegetable oil
- 1 teaspoon sugar
- 1 teaspoon salt
- 3 cups flour
- 1 pound ricotta cheese or dry cottage cheese (about 2 cups)
- 14 ounces mozzarella cheese shredded (about 3 1/2 cups)
- 1 egg slightly beaten
- 1 tablespoon flour
- 1/2 teaspoon oregano
- 1/4 teaspoon basil dried basil leaves, crushed
- 1/4 teaspoon salt
- 1 32-ounce jar spaghetti sauce chunky style or 4 cups thick homemade spaghetti sauce
- 1/4 cup parmesan cheese grated

In a large mixing bowl, dissolve yeast in warm water. Add oil, sugar and 1 teaspoon salt. Let stand until foamy, 5 to 10 minutes.

Gradually add 3 cups flour to make a stiff dough. On a lightly floured surface, knead until smooth and elastic, 8 to 10 minutes. Place in a greased bowl; turn to coat surface. Cover and let rise in a warm place, free from drafts, until doubled, about 30 to 45 minutes.

Punch down dough, divide in half. Let dough rest for 5 minutes.

While dough rests, in a medium bowl, stir ricotta or cottage cheese, 2 cups of the mozzarella, egg, 1 tablespoon flour, oregano, basil and 1/4 teaspoon salt until blended; set aside.

Preheat oven to 400°. Generously grease or spray with non-stick coating a 15 1/2 x 10 1/2 x 1-inch jelly roll pan.

On a lightly floured surface, roll one portion of dough into a 15 x 10-inch rectangle. Transfer to jelly roll pan. Spread cheese mixture to within 1 inch of edges of dough. Roll remaining dough into a 15 x 10-inch rectangle. Carefully place on top of cheese mixture, folding over and pinching edges of dough to seal well. Cut slits in top crust to permit steam to escape during baking.

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Bake for 20 minutes. Spread 3 cups of the spaghetti sauce over the top; sprinkle with remaining 1 1/2 cups mozzarella cheese and Parmesan cheese. Bake 10 to 15 minutes longer or until cheese melts and sauce is bubbly. Let stand for 5 to 10 minutes.

Warm remaining spaghetti sauce in a small pan.

To serve, cut Pizz-agna into squares. Pass remaining sauce.

* Rapid-rise yeast cuts total rising time by almost half. If regular yeast is used, increase rising time to 1 to 1 1/2 hours.

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Thursday

Beef and Noodle Skillet

Makes 4 servings

- 1 pound ground beef, browned
- 2 (10 1/2-ounce) cans beef broth
- 1 (8-ounce) package elbow macaroni
- 1 (16-ounce) package pasteurized process cheese spread, cubed
- 1 cup salsa

Place beef in a 12" skillet; add broth. Heat to boiling; stir in macaroni. Boil until macaroni is tender; reduce heat and mix in cheese and salsa. Heat through, stirring occasionally.

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Friday

Chicken and Vegetable Bake

Makes 4 servings

4 red potatoes peeled and cut in eighths
5 carrots medium, peeled and cut in 1-inch pieces
2 ribs celery cut in 1/2 -inch pieces
1 onion small, sliced
1/3 cup butter or margarine
1 tablespoon parsley chopped
1 teaspoon seasoned salt
1/2 teaspoon basil dried basil leaves, crushed
1/2 teaspoon thyme dried, crushed
1/4 teaspoon black pepper
1 broiler-fryer chicken (about 3 lb.), cut up
1/2 cup chicken bouillon, apple juice, vermouth or a combination
1 tablespoon flour
1 cup half and half or milk
Additional chopped parsley

Preheat oven to 350°.

Place potatoes, carrots, celery and onion in a 13 x 9 x 2-inch baking pan or dish.

In a small saucepan over medium heat, melt butter or margarine. Remove from heat. Stir in 1 tablespoon parsley, seasoned salt, basil, thyme and pepper. Pour half of the mixture over vegetables in baking pan, tossing to coat.

Rinse and pat chicken pieces dry. Arrange on top of vegetables. Pour remaining butter mixture over chicken. Pour bouillon, juice or vermouth around edges of pan. Cover tightly with foil.

Bake for 1 1/2 to 1 3/4 hours or until chicken and vegetables are tender. Using a slotted spoon, transfer chicken and vegetables to a serving platter and keep warm. Pour juices into a small saucepan. In a small bowl, stir flour and half-and-half or milk until smooth. Stir into saucepan. Stirring over medium heat, bring to a boil and boil until thickened.

To serve, spoon some of the sauce over chicken and vegetables. Garnish with parsley. Pass remaining sauce separately.

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Saturday

Pork Chops and Rice

Makes 4 servings

- 4 to 8 pork chops
- 1 (1 1/2-ounce) package onion soup mix
- 2 cups water
- 2 green peppers, sliced and divided
- 1 cup long-cooking rice, uncooked

Sauté pork chops in a 12" skillet until browned on both sides; remove to a platter. Add soup mix and 2 cups water to same skillet; stir and heat until mix dissolves.

Layer half the green peppers in an ungreased 13" x 9" baking pan; sprinkle with rice. Arrange pork chops on top; pour soup mixture over the pork chops. Top with remaining peppers; cover and bake at 325 degrees for 45 minutes to one hour.