

Angel Food Menus – Week 4 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

onion – 3
garlic clove – 1
fresh cilantro – 2 to 3 sprigs (or parsley) + 2
tablespoons
green onions – 8
iceberg lettuce – optional
avocado – optional
red potatoes – 4
carrots – 5
celery – 2 ribs
parsley – 1 tablespoon
green peppers – 2

[Bakery and Breads]

corn tortillas – 12

[General Grocery] Cooking and Baking

salt – 1 3/4 teaspoons, to taste + 1 teaspoon seasoned
salt
pepper – 1/2 teaspoon, to taste
yeast – 1 package
vegetable oil – 2 tablespoons
sugar – 1 teaspoon
flour – 3 cups, 2 tablespoons
oregano – 1/2 teaspoon
basil leaves – 3/4 teaspoon
thyme – 1/2 teaspoon
chicken bouillon – 1/2 cup

[General Grocery] Condiments and Sauces

hot pepper sauce – few drops

[General Grocery] Dry Foods and Mixes

fine noodles – 2 1/2 cups
elbow macaroni – 8 ounces

onion soup mix – 1 package (1 1/2 ounces)
long-cooking rice – 1 cup

[General Grocery] Canned and Bottled

cream of mushroom soup – 1 can
chicken broth – 1 1/3 cups + 1 can (10 ounces)
mild enchilada sauce – 2 cans (10 ounces each)
guacamole – optional
tomatoes – 1 can (1 pound)
chunky spaghetti sauce – 1 jar (32 ounces)
beef broth – 2 cans (10 1/2 ounces)
salsa – 1 cup

[Dairy]

shredded cheddar cheese – 1 cup
Monterey jack cheese – 4 cups
sour cream – optional
ricotta cheese – 1 pound (may substitute with 2 cups
dry cottage cheese)
shredded Mozzarella cheese – 3 1/2 cups
eggs – 1
Parmesan cheese – 1/4 cup
sharp cheese spread – 16 ounces
butter or margarine – 1/3 cup
half-n-half – 1 cup (or milk)

[Frozen]

frozen green beans – 1 bag (16 ounces)
tater tots – 1 bag (21 ounces)

[Meat and Poultry]

lean ground beef – 1 pound + 1 pound regular ground
beef
chicken breasts – 2
pork chops – 8 to 12
broiler-fryer chicken – 3 pounds