

Angel Food Menus – Week 1 Of October

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

Lemon Pepper Steak

Makes 4 servings

4 T-bone or New York strip beef steaks (1 inch thick)

Lemon pepper seasoning to taste

Sprinkle steaks with lemon pepper. Broil in a preheated broiler 3-4 in. from the heat for 5-7 minutes per side or until the steaks reach desired doneness.

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Monday

Pasta with Peas and Eggs

Makes 4 servings

- 1/4 cup olive oil
- 1 large onion, thinly sliced
- 1 (10-ounce) package frozen tiny peas, partially thawed
- Salt and freshly ground black pepper
- 2 large eggs
- 1/2 cup freshly grated Parmigiano-Reggiano
- 1/2 pound spaghetti or linguine, broken into 2-inch lengths

Pour the oil into a skillet large enough to hold the pasta. Add the onion and cook over medium heat, stirring occasionally, until the onion is tender and lightly browned, about 12 minutes. Stir in the peas and cook for about 5 minutes more, until the peas are tender. Season with salt and pepper.

In a medium bowl, beat the eggs with the cheese and salt and pepper to taste.

Bring at least 4 quarts of water to a boil in a large pot. Add 2 tablespoons of salt, then the pasta. Stir well. Cook over high heat, stirring frequently, until the pasta is tender but slightly underdone. Drain the pasta, reserving some of the cooking water.

Stir the pasta into the skillet with the peas. Add the egg mixture and cook over low heat, stirring constantly, about 2 minutes, until the eggs are lightly set. Add a little of the cooking water if the pasta seems dry. Serve immediately.

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Tuesday

Fajita Beef Dinner

Makes 8 servings

- 2 1/2 pounds boneless beef top round steaks, trimmed of fat
- 1 large onion, cut in half and sliced
- 1 (14 1/2-ounce) can stewed tomatoes, undrained
- 1 envelope (1.12 ounces) fajita seasoning mix
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium green bell pepper, cut into 1-inch pieces
- 4 cups uncooked instant rice
- 4 1/4 cups water
- 1/4 cup all-purpose flour

Cut beef into 2-inch pieces. Mix beef and onion in 3 1/2- to 4-quart slow cooker. Mix tomatoes and fajita seasoning mix in small bowl; pour over beef mixture. Top with bell peppers.

Cover and cook on low heat setting 7 to 9 hours.

Cook rice in 4 cups of the water as directed on package. Meanwhile, mix remaining 1/4 cup water and the flour; gradually stir into beef mixture in cooker. Increase heat setting to high. Cover and cook about 15 minutes, stirring occasionally, until thickened. Serve over rice.

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Wednesday

Hot Dog Casserole

Makes 4 servings

- 1 1/3 cups instant potato flakes or dry mashed potato mix
- 1 1/3 cups water
- 1/3 cup milk
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1/4 cup sweet pickle relish
- 2 tablespoons mayonnaise or salad dressing
- 1 tablespoon instant dried minced onion
- 2 teaspoons mustard
- 4 to 6 hot dogs

Heat oven to 350°. Make mashed potatoes as directed on package, using water, milk, butter and salt. Stir in relish, mayonnaise, onion and mustard. Spread in ungreased 1-quart casserole.

Cut each frank lengthwise in half, then crosswise in half. Insert frank pieces around edge of mashed potatoes.

Bake uncovered 25 to 30 minutes or until center is hot.

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Thursday

Zesty Roasted Chicken with Potatoes

Makes 6 servings

6 boneless skinless chicken breast halves (about 1 3/4)
1/2 teaspoon salt
1/3 cup mayonnaise or salad dressing
3 tablespoons Dijon or spicy brown mustard
1/2 teaspoon pepper
2 cloves garlic, finely chopped
1 pound new potatoes, each cut into 6 wedges
Chopped fresh chives, if desired

Heat oven to 350°. Line broiler pan with aluminum foil. Spray rack of broiler pan with cooking spray. Arrange chicken on center of rack in broiler pan; sprinkle both sides with salt.

Mix mayonnaise, mustard, pepper and garlic in large bowl; brush about 3 tablespoons mixture on chicken. Add potatoes to remaining mayonnaise mixture; toss. Arrange potatoes around chicken.

Bake uncovered 45 to 55 minutes, turning potatoes halfway through cooking, until juice of chicken is no longer pink when centers of thickest pieces are cut and potatoes are tender. Sprinkle with chives.

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Friday

Sloppy Joes

Makes 24 servings

- 3 pounds ground beef or turkey
- 1 large onion, coarsely chopped (1 cup)
- 1 1/2 medium stalks celery, chopped (1 1/2)
- 1 cup barbecue sauce
- 1 (26 1/2-ounce) can sloppy joe sauce
- 24 hamburger buns

Cook turkey and onion in 4-quart Dutch oven over medium heat about 10 minutes, stirring occasionally, until turkey is no longer pink; drain.

Mix turkey mixture and remaining ingredients except buns in 3 1/2- to 6-quart slow cooker.

Cover and cook on low heat setting 7 to 9 hours.

Increase heat setting to high. Uncover and cook 5 to 10 minutes or until desired consistency. Stir well before serving. Fill buns with turkey mixture.

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Saturday

California Pizza

Makes 8 servings

- 1 (8-ounce) can tomato sauce
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon garlic or onion powder
- 1/8 teaspoon pepper
- 2 cups Original Bisquick®
- 1/2 cup cold water
- 1 1/2 cups shredded Monterey Jack-Colby cheese (6 ounces)
- 2 cups cut-up cooked chicken
- 1/2 cup sliced ripe olives
- 1 medium avocado, sliced

Heat oven to 425°. Grease 12-inch pizza pan. Mix tomato sauce, oregano, basil, salt, garlic powder and pepper; set aside.

Mix Bisquick and cold water until soft dough forms. Press dough in pizza pan, using fingers dusted with Bisquick; pinch edge to form 1/2-inch rim. Sprinkle 1/2 cup of the cheese over dough. Spread tomato sauce over cheese. Top with chicken and olives. Sprinkle with remaining 1 cup cheese.

Bake 20 to 25 minutes or until crust is golden brown and cheese is bubbly. Garnish with avocado slices.