

Angel Food Menus – Week 3 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

Cheesy Chili Strata

Makes 8 servings

5 to 6 slices bread (crusts removed), buttered and cut into cubes
3/4 pound longhorn cheese grated
1/2 pound pork sausages bulk pork sausage
4 eggs beaten
2 cups milk
1/2 teaspoon salt
1/2 teaspoon dry mustard
2 to 4 green chilies or to taste

In a greased 8-inch square baking dish, place layers of bread, cheese, sausage, and bread, respectively. Add eggs to milk, salt, and mustard; blend well. Pour over bread; top with green chilies. Cover and refrigerate overnight. Bake for 1 hour in a preheated 325° F oven; cover the last 5 minutes. Serve immediately.

Note: This recipe works best with day-old bread.

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Monday

Lemon Breaded Fried Chicken

Makes 6 servings

1/4 cup lemon juice fresh
1 broiler-fryer chicken 3-pound quartered, or 3 pounds chicken breasts
2 teaspoons salt
1/2 cup flour
1 egg lightly beaten
1 1/2 cups bread crumbs dry fine
Vegetable oil
Lemon wedges

Sprinkle lemon juice over chicken and turn until thoroughly moistened. Let stand 1 1/2 hours, turning pieces occasionally. Pat chicken dry with paper towels. Sprinkle with salt; dip in flour and shake off excess. Dip in egg; roll in bread crumbs to coat thoroughly. In a heavy skillet, heat oil (should be 1/4 -inch deep at all times during frying). Add one-half of chicken pieces and when deep golden brown, turn and complete frying. Test for doneness. Remove to platter and keep warm. Fry remaining chicken. Serve garnished with lemon wedges.

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Tuesday

Easy Scandinavian Supper

Makes 6 servings

- 1 12-ounce package frozen hash brown potatoes thawed
- 1/2 cup carrots shredded
- 1 tablespoon green onions chopped
- 1 1/4 teaspoons dill weed dried
- 1 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 1 8-ounce package American cheese sharp, sliced, cut in half diagonally
- 4 eggs beaten
- 1 cup milk
- 1 12-ounce package frozen breaded fish sticks
- Paprika

Preheat oven to 325°. Grease a 1 1/2 -quart square baking dish.

In a large bowl, break up potatoes with a fork. Add carrot, green onion, dill weed, seasoned salt and pepper; toss until combined. Spread half of the vegetable mixture in baking dish. Top with half of the cheese. Repeat.

In a medium bowl, stir eggs and milk until blended. Pour over cheese. Arrange fish sticks on top and sprinkle lightly with paprika.

Bake for 50 to 55 minutes or until center is almost set and fish sticks are golden brown.

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Wednesday

Ham Steak with Spiced Apple Jelly Sauce

Makes 4 servings

1 ham steak 1 1/2 -inch thick center cut

* Part two.

1/4 cup butter or margarine

1 tablespoon flour

1/4 cup orange juice concentrate

1/3 cup brown sugar

2 tablespoons granulated sugar

1/4 teaspoon cinnamon ground

1/4 teaspoon nutmeg ground

1/8 teaspoon cloves ground

1/2 cup apple jelly

Heat oven to 350° F. Slash fat around edges of ham steak; place in greased shallow oven dish and cover with foil. Bake for 40 minutes.

Spiced Apple Jelly Sauce

*Melt butter or margarine in small saucepan; add flour and stir for 3 to 4 minutes. Add remaining ingredients and cook, stirring constantly until it comes to a full rolling boil. Serve ham with sauce spooned over the top.

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Thursday

Chicken Enchiladas

Makes 6 servings

- 1 tablespoon butter
- 1/2 cup chopped green onions
- 1/2 teaspoon garlic powder
- 1 4-ounce can diced green chilies (optional)
- 1 can cream of chicken soup
- 1 cup sour cream
- 2 cups cubed boneless skinless chicken breast halves cooked
- 2 cups shredded cheddar cheese divided
- 6 flour tortillas
- 1/4 cup milk

Preheat oven to 350 degrees. Lightly grease a 9x13 baking dish.

In a medium saucepan over medium heat, melt the butter and sauté the green onion until tender (about 3 to 4 minutes).

Add the garlic powder, then stir in the green chilies, cream of mushroom soup and sour cream. Mix well.

Reserve 3/4 of this sauce and set aside.

To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1 cup of shredded Cheddar cheese. Stir together.

Fill each flour tortilla with the chicken mixture and roll up. Place seam side down in the prepared baking dish.

In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1 cup of shredded Cheddar cheese.

Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.

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Friday

Easy Hamburger Hotdish

Makes 10 servings

1 pound ground beef
1 onion, yellow, medium
2 cans cream of mushroom soup
2 cans tomato soup
2 cups elbow macaroni, uncooked
Salt, to taste
Pepper, to taste

Chop Onion. Add onion to hamburger and brown over medium heat until fully cooked.

While browning hamburger, bring 5qts of water to a boil and cook macaroni until tender.(10-12 min)

Drain pasta from water and add to the cooked meat, then add soups.

Simmer over medium heat until heated thoroughly.

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Saturday

Spinach Gnocchi

Makes 3 servings

- 1/2 cup all-purpose flour
- 1 (9-ounce) package frozen spinach in a pouch, thawed, squeezed to drain
- 1 cup mashed potatoes
- 3/4 cup soft bread crumbs
- 1 egg
- 1/4 teaspoon grated Parmesan cheese
- 1/8 teaspoon white peppers
- 1/8 teaspoon nutmeg
- 1 1/2 cups spaghetti sauce

1. In large bowl, combine flour and all ingredients except spaghetti sauce. Mix until mixture forms a smooth dough. Divide dough into quarters. Form each quarter into log 3/4 inch thick and 12 inches long. Cut each log into 1-inch pieces. If necessary, roll pieces lightly in additional flour to keep from sticking.
2. Heat oven to 325°F. Grease 12x8-inch (2-quart) baking dish. In large saucepan, bring 4 cups water to a boil. Reduce heat to low; drop dough pieces, a few at a time, into simmering water. Cook 4 minutes. Remove gnocchi with slotted spoon; place in greased baking dish. Repeat with remaining dough pieces.
3. Bake at 325°F. for 20 to 25 minutes or until thoroughly heated.
4. Meanwhile, heat spaghetti sauce. Serve sauce over gnocchi.