

Angel Food Menus – Week 4 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

Meat Loaf

Makes 6 servings

2/3 cup bread crumbs
1 cup milk
1 1/2 pounds ground beef
2 eggs slightly beaten
1/4 cup onions chopped
1 teaspoon salt
1/8 teaspoon black pepper
1/2 teaspoon sage dried
3 tablespoons brown sugar
1/4 cup ketchup
1/4 teaspoon nutmeg
1 teaspoon Dijon style mustard

Combine bread crumbs, milk, ground beef, eggs, onion, salt, pepper, and sage. Spoon into 7 1/2x3 1/2x2 1/2-inch meat loaf pan; press to make even.

In a small bowl, combine brown sugar, catsup, nutmeg, and mustard. Set aside.

Bake loaf at 350 degrees F. for 1 hour. Remove from oven and spread sauce over loaf; bake for an additional 15 minutes.

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Monday

Chuckwagon Supper Pie

Makes 6 servings

- 3/4 pound pork sausages bulk
- 1/2 pound ground beef
- 1 cup bread crumbs soft
- 1/4 cup water
- 1 egg lightly beaten
- 1 teaspoon sage ground
- 1/2 teaspoon thyme ground
- 1/8 teaspoon black pepper
- 1 16-ounce can pork and beans
- 1 8 1/2-ounce can lima beans drained
- 2 teaspoons dried minced onion
- 2 teaspoons Worcestershire sauce
- 3 cups potatoes hot seasoned mashed
- 1 egg lightly beaten

Preheat oven to 375°. In a large bowl, mix together sausage, ground beef, bread crumbs, water, egg, sage, thyme and pepper. Press evenly into a 9-inch pie plate, forming a 3/4 - to 1-inch layer on bottom and sides of plate. Bake for 20 minutes; drain off excess fat.

In a medium bowl, stir together beans, onion and Worcestershire sauce. Spoon mixture into meat shell. Bake for 15 minutes or until bean mixture is bubbly; remove from oven. Turn oven to broil.

In a medium bowl, mix potatoes and egg until well blended. Carefully spread potato-egg mixture over bean mixture, sealing to edge of pie plate. Broil 4 inches from heat source until top is lightly browned. Cut into wedges to serve.

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Tuesday

Ham and Scalloped Potatoes

Makes 6 servings

6-8 slices ham

8-10 medium potatoes thinly sliced

1 onion thinly sliced (optional)

Salt to taste

Pepper to taste

1 cup shredded cheddar cheese (or American Cheese)

1 10 3/4-ounce can cream of celery soup

Paprika

Put half of ham, potatoes, and onions in slow cooker. Sprinkle with salt, pepper, and cheese. Repeat Layers

Spoon soup over top. Sprinkle with Paprika

Cover. Cook on low 8-10 hours, or high 4 hours.

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Wednesday

Chicken Pot Pie

Makes 6 servings

- 3 chicken breasts cooked, cut in small pieces.
- 1 8-ounce can mushrooms drained
- 1 16-ounce bag mixed vegetables frozen
- 1/2 teaspoon thyme
- 2 10 1/2-ounce cans gravy (chicken)
- 1 tablespoon cornstarch
- 2 frozen pie crusts (Pillsbury Pie Crust Dough)
- 1 egg white

Place one pie crust into pie plate.

Mix all the other ingredients in a bowl.

Place mixture into pie shell.

Place second crust on top and flute edges.

Bake 350° for 45 minutes or until crust is browned lightly. Let set for 10 minutes, serve.

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Thursday

Turkey Stir Fry

Makes 5 servings

- 1 pound boneless skinless turkey breast cut into 1/4" strips
- 2 tablespoons olive oil divided
- 1 sweet red pepper sliced
- 1 cup broccoli florets
- 1/2 cup onions chopped
- 1 clove garlic minced
- 1/4 teaspoon ground ginger
- 2 teaspoons cornstarch
- 3/4 cup reduced sodium chicken broth
- 2 tablespoons reduced sodium soy sauce
- 1 8-ounce can water chestnuts drained
- 1/4 teaspoon salt free seasonings
- 5 cups hot cooked rice

1. In a large nonstick skillet or wok, stir-fry turkey in 1 T. oil until no longer pink. Remove and keep warm.
2. Stir-fry the red pepper, broccoli, onion, garlic and ginger in remaining oil for 3-4 minutes or until broccoli is crisp-tender.
3. In a small bowl, combine cornstarch, broth, and soy sauce until smooth; stir into skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
4. Add turkey, water chestnuts and seasoning. Blend and heat through. Serve over rice.

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Friday

Ham and Cheese Soufflé

Makes 8 servings

- 16 slices white bread crumbs (crusts removed), cubed
- 16 slices (about 1 pound) ham, cut into bite-size pieces
- 2 cups (8 ounces) shredded cheddar cheese
- 2 cups (8 ounces) shredded Swiss cheese
- 5 eggs, beaten
- 3 cups milk
- 1 teaspoon dry mustard
- 1/2 teaspoon onion salt
- 2-1/2 cups crushed cornflakes
- 1/3 cup butter or margarine, melted

In a greased 13-in. x 9-in. x 2-in. baking dish, layer half of the bread, ham, cheddar cheese and Swiss cheese. Repeat. Combine eggs, milk, mustard and onion salt; pour over layered mixture. Cover and refrigerate overnight. Combine cornflakes and butter; sprinkle on top. Bake at 375° for 40 minutes or until hot and bubbly.

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Saturday

Cheesy Italian Ravioli

Makes 6 servings

- 1/2 pound ground beef
- 1/2 pound bulk sweet Italian sausages
- 1 (15-ounce) container refrigerated marinara sauce
- 1 cup sliced fresh mushrooms
- 1 (14 1/2-ounce) can diced tomatoes with Italian seasoning, undrained
- 1 (9-ounce) package refrigerated cheese-filled ravioli
- 1 cup shredded mozzarella cheese or pizza cheese blend (4 ounces)

1. Heat oven to 375°. Cook beef and sausage in 10-inch skillet over medium heat about 10 minutes, stirring occasionally, until brown; drain.
2. Stir marinara sauce, mushrooms and tomatoes into beef mixture. Pour half of sauce mixture into ungreased rectangular baking dish, 11 x 7 x 1 1/2 inches. Arrange ravioli in sauce in dish. Pour remaining sauce mixture over ravioli. Sprinkle with cheese.
3. Bake uncovered 20 to 25 minutes or until ravioli is tender and mixture is hot.