

Angel Food Menus – Week 1 Of November

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-Garlic Chicken

Makes 5 servings

- 4 chicken breasts
- 6 chicken drumsticks
- 1/2 cup lemon juice
- 1/4 cup green onions sliced
- 1/4 cup vegetable oil
- 1/4 cup white wine or water
- 1 tablespoon parsley finely chopped
- 2 cloves garlic minced
- 2 teaspoons chicken bouillon
- 1 teaspoon rosemary dried, crushed
- 1/2 teaspoon thyme dried, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon seasoned pepper

Pierce chicken pieces with tines of a fork. Place chicken in a shallow roasting pan; set aside.

In a medium bowl, stir lemon juice, green onions, oil, wine or water, parsley, garlic, bouillon granules, rosemary, thyme, salt and seasoned pepper until blended. Pour over chicken. Cover and refrigerate at least 2 or up to 24 hours, turning chicken over occasionally.

Spray cold grate with non-stick cooking spray or brush with oil. Remove chicken from marinade. Place chicken pieces on grill about 5 to 6 inches above medium-hot coals. Turning and basting every 5 minutes, cook breasts for 30 minutes and legs for 45 minutes or until meat is no longer pink and juices run clear.

Serve with lemon slices and seasoned rice.

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Monday

Saucy Chili Beef

Makes 4 servings

- 1 pound ground beef
- 1 11-ounce can cheddar cheese soup condensed
- 1/4 cup milk
- 1 4-ounce can green chilies chopped, drained
- 1/2 tomato small, diced (about 1/4 cup)

Crumble ground beef into a 10-inch skillet. Over medium-high heat, brown meat; drain well and set aside.

Meanwhile, in a 2-quart saucepan over medium heat, whisk together soup and milk until blended and heated through. Stir in green chilies, tomato, and cooked beef. Cook until heated through.

Serve over toasted hamburger buns, corn bread, or baked potatoes.

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Tuesday

Ribeye Steaks

Makes 4 servings

4 8 ounce ribeye steaks
3 tbsp soy sauce
1 tbsp minced garlic
1 tsp ground cumin
1/8 tsp pepper
1/2 cup butter
1 pound fresh, sliced mushrooms
2 tbsp white wine

Season steaks in soy sauce, garlic, cumin and pepper. Set aside. Sauté mushrooms in 1/4 cup butter. Add wine and sprinkle with seasonings. Sauté seasoned steaks in 1/4 cup butter (or grill) to desired doneness. Top with mushroom sauce!

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Wednesday

Homemade Noodles with Chicken

Makes 6 servings

Noodles:

1 cup flour

1 egg lightly beaten

2 1/2 tablespoons milk

* Part two.

2 1/2 cups chicken broth

2 1/2 cups milk

1/2 teaspoon sage dried leaf, crushed

1/4 teaspoon basil dried, crushed

1/4 teaspoon thyme dried, crushed

1 1/2 teaspoons salt

Freshly ground pepper to taste

6 tablespoons flour

1/2 cup water

3 cups chicken cubed cooked

Paprika

Parsley Minced fresh

Combine flour, egg, and enough milk to make a dough; it will be stiff. Form into a ball; do not knead. Divide into 2 parts. Roll each part on a floured surface until very thin. With a very sharp knife, cut into 1/2 -inch wide strips. Allow to dry 30 to 60 minutes. Boil noodles in salted water for 9 to 12 minutes or until tender. Drain. While noodles are drying, prepare Chicken Sauce.

Chicken Sauce:

*Combine chicken stock, milk, herbs, and spices in a large saucepan; bring to boil.

Combine flour and water; blend in some of hot mixture. Return to chicken stock mixture, stirring constantly. Bring to boil and cook until thickened. Add chicken and noodles; heat through. Before serving dust with paprika and garnish with parsley.

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Thursday

Chutney Pork Chops

Makes 4 servings

- 1 onion medium chopped
- 1/2 cup mango chutney
- 1/2 cup apple juice or cider
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 pork chops (about 1-inch thick)
- 1 1/2 cups water
- Parsley sprigs (optional)

In a shallow glass dish, mix onion, chutney, apple juice or cider, salt and pepper. Arrange chops in dish, covering well with marinade. Cover and refrigerate overnight.

About 1 1/4 hours before serving, place chops in a medium skillet. Stir water into marinade and pour over chops. Over medium-high heat, bring to a boil. Cover and reduce heat to low. Simmer for 15 minutes. Uncover and simmer 30 to 45 minutes longer or until chops are tender and sauce is thick and golden.

Place chops on a serving platter; cover with sauce. Garnish with parsley if desired.

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Friday

Santa Fe Soft Tacos

Makes 4 servings

- 1 pound ground beef
- 1 7 1/2-ounce can mild taco sauce
- Vegetable oil
- 8 corn tortillas 6 inch each
- 3 tablespoons onions chopped
- 1/2 cup tomatoes chopped
- 1 cup shredded iceberg lettuce
- 6 ounces sharp cheddar cheese finely shredded
- 1 11-ounce can mild enchilada sauce (optional)

In a 10-inch skillet over medium-high heat, sauté beef until lightly browned, breaking up meat; drain off fat. Add taco sauce. Reduce heat to low and cook for 5 to 10 minutes or until meat is moist but no longer saucy.

Preheat oven to 350°. Pour oil into a small skillet to a depth of 1/4 inch. Heat over medium heat. Dip tortillas, one at a time, in hot oil for a few seconds just to soften. Drain on paper towels.

To assemble the tacos, on one half of each tortilla, layer in order one-eighth each of the ground beef mixture, onion, tomato, lettuce and 2 tablespoons of the cheese. Fold the other half of the tortilla over the filling. In a 12 x 8 x 2-inch baking dish, arrange tacos, slightly overlapping.

Pour enchilada sauce over the tacos if desired. Sprinkle with remaining cheese; cover with foil and bake for 5 to 10 minutes or until cheese melts.

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Saturday

Turkey Chili with Beans

Makes 4 servings

- 2 tablespoons vegetable oil
- 1 onion large, chopped
- 1 clove garlic minced
- 1 green bell pepper chopped
- 1 4-ounce can green chilies diced
- 2 16-ounce cans kidney beans
- 1 cup turkeys diced cooked
- 1 16-ounce can tomatoes whole, coarsely chopped
- 1 to 2 tablespoons tomato paste
- 1 to 2 tablespoons chili powder
- 1 teaspoon salt or to taste
- 1/2 teaspoon oregano dried, crushed
- 1 cup turkey broth or chicken broth

In Dutch oven or large skillet, heat vegetable oil over medium heat; add onion and garlic, sauté for 5 minutes, stirring. Add green pepper and green chilies, stir, and cook another 5 minutes. Stir in beans, turkey, tomatoes, tomato paste, chili powder, salt, oregano, and broth. Simmer, uncovered, for 30 minutes, adding more liquid as necessary. Stir occasionally. Adjust seasoning. Serve in soup bowls or mugs.