

# Angel Food Menus – Week 1 Of November Shopping List

By [www.HillbillyHousewife.com](http://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**

green onions – 1/4 cup  
onions – 2 + 3 tablespoons  
garlic cloves – 3 + 1 tablespoon minced  
tomato – 1/2 small + 1/2 cup  
fresh sliced mushrooms – 1 pound  
fresh parsley – to taste  
iceberg lettuce – 1 cup shredded  
green bell pepper – 1

## **[Bakery and Bread]**

corn tortillas – 8 (6 inches each)

## **[Beverages]**

lemon juice – 1/2 cup  
white wine – 1/4 cup + 2 tablespoons (1/4 cup may be substituted for water)  
apple juice or cider – 1/2 cup

## **[General Grocery] Cooking and Baking**

vegetable oil – 1/4 cup + 2 tablespoons  
parsley – 1 tablespoon  
chicken bouillon – 2 teaspoons  
rosemary – 1 teaspoon  
thyme – 3/4 teaspoon  
salt – 3 1/4 teaspoons  
seasoned pepper – 1/4 teaspoon  
cumin – 1 teaspoon  
pepper – 3/8 teaspoon + freshly ground pepper to taste  
flour – 1 cup + 6 tablespoons  
sage – 1/2 teaspoon  
basil – 1/4 teaspoon  
paprika – to taste

chili powder – 1 to 2 tablespoons  
oregano – 1/2 teaspoon

## **[General Grocery] Condiments and Sauces**

soy sauce – 3 tablespoons  
mango chutney – 1/2 cup  
mild taco sauce – 1 can (7 1/2 ounces)  
mild enchilada sauce – 1 can (11 ounces)

## **[General Grocery] Canned and Bottled**

condensed cheddar cheese soup – 1 can (11 ounces)  
green chilies – 2 cans (4 ounces each)  
chicken broth – 2 1/2 cups  
kidney beans – 2 cans (16 ounces each)  
whole tomatoes – 1 can (16 ounces)  
tomato paste – 1 to 2 tablespoons  
turkey broth – 1 cup (may substitute with chicken broth)

## **[Dairy]**

milk – 2 3/4 cups + 2 1/2 tablespoons  
butter – 1/2 cup  
eggs – 1  
shredded sharp cheddar cheese – 6 ounces

## **[Meat and Poultry]**

chicken breasts – 4 + chicken drumsticks – 6  
+ chicken – 3 cups  
ground beef – 2 pounds  
ribeye steaks – 4 (8 ounces each)  
pork chops – 4 (about 1 inch thick each)  
tukey – 1 cup