

# Angel Food Menus – Week 2 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**

lettuce  
tomato – 1 large  
whole cloves – 3  
celery – 3/4 cup  
onions – 1 tablespoon + 1 cup + 1 medium  
tarragon leaves – 1/2 teaspoon  
garlic cloves – 2  
green bell peppers – 1/2 cup  
fresh mushrooms – 1 1/2 cups (about 4 ounces)

## **[Bakery and Bread]**

French bread – 1 loaf (16 ounces)  
corn tortillas – 12

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

brown sugar – 1/4 cup  
salt – 3 1/8 teaspoons  
cinnamon – 1/2 teaspoon  
almonds – 1/4 cup  
sesame seeds – 2 tablespoons  
garlic salt – 3/8 teaspoon  
pepper – 1/8 teaspoon + dash + fresh ground  
pepper to taste  
vegetable oil – 1/4 cup  
olive oil – 3 tablespoons  
coriander – 1/2 teaspoon  
cumin – 1/4 teaspoon  
turmeric – 1/4 teaspoon

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

creamy Italian dressing – 1/2 cup  
ketchup – 1/4 cup  
prepared mustard – 1 teaspoon  
real mayonnaise – 3/4 cup

tomato sauce – 1/2 cup  
taco sauce – 1/3 cup  
red enchilada sauce – 2 cans (10 ounces each)

## **[General Grocery] Dry Foods and Mixes**

cracker crumbs – 1/2 cup  
white rice – 1 cup

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

mandarin orange segments – 1 can (11 ounces)  
cider vinegar – 1 tablespoon  
mushrooms – 1 can (4 1/2 ounces)  
cream of mushroom soup – 1 can (10 1/2 ounces)  
chow mein noodles – 1 can (3 ounces)  
turkey or chicken broth – 2 cups  
refried beans – 1 can (16 ounces)  
pitted olives – 1 cup

## **[Dairy]**

butter or margarine – 1 tablespoon  
eggs – 3  
shredded cheddar cheese – 3 cups

## **[Frozen]**

breaded chicken breast patties – 6  
lasagna with meat sauce – 1 package  
peas – 1 package (10 ounces)

## **[Meat and Poultry]**

pork chops – 6  
turkey – 3 cups diced  
chicken drumsticks & thighs – 4 (about 2 1/2 pounds)  
pork steaks – 1 1/2 cups  
ground beef – 1 1/2 pounds