

Angel Food Menus – Week 3 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

Pineapple Pork Chops

Makes 4 servings

4 pork chops 1/2 -inch thick
1/4 teaspoon salt
Dash black pepper
2 to 3 tablespoons chili sauce
4 onions 1/8 -inch thick
1 tablespoon vegetable oil
1 8-ounce can pineapple slices in own juice
Vegetable oil Additional

Adjust oven rack 6 inches from heat source. Preheat broiler. Coat a broiler pan and rack with non-stick spray.

Slash fat on chops at 1-inch intervals to prevent curling. Brush both sides of chops with 1 tablespoon oil.

Broil for 8 minutes. Turn over. Sprinkle with salt and pepper. Brush with part of the chili sauce. Top each with an onion slice. Brush onion lightly with additional oil.

Drain pineapple, reserving juice. Place pineapple slices on broiler rack around chops. Broil chops and pineapple for 6 to 8 minutes or until pork is no longer pink along bone and is a light grey.

Place one pineapple slice on each onion slice. Baste with a small amount of reserved pineapple juice. Brush with chili sauce and serve.

Serve with seasoned rice or canned sweet potatoes and broccoli spears.

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Monday

Fish Stick Supper

Makes 6 servings

- 1 12-ounce package frozen shredded hash brown potatoes thawed
- 4 eggs
- 2 cups milk
- 1 tablespoon dried minced onion
- 1 tablespoon fresh dill (or 1 t. dried dill weed)
- 1 1/4 teaspoons seasoned salt
- 1/8 teaspoon pepper
- 1 cup shredded cheddar cheese
- 1 12-ounce package frozen breaded fish sticks (approx. 18)

1. Break apart hash browns with a fork; set aside.
2. In a large bowl, beat eggs and milk. Add onion, dill, seasoned salt and pepper. Stir in hash browns and cheese.
3. Transfer to a greased 11x7 inch baking dish. Arrange fish sticks over the top. Bake, uncovered, at 350 degrees for 50 minutes or until top is golden brown and fish flakes with a fork. Let stand for 5 minutes before cutting.

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Tuesday

Casserole Mexicana

Makes 6 servings

- 1 cup celery chopped
- 1/2 cup green bell peppers diced
- 1/2 cup onions chopped
- 1 tablespoon vegetable oil
- 1 pound ground beef or ground raw turkey
- 1 to 2 teaspoons chili powder
- 1 teaspoon garlic salt
- 1 14 1/2-ounce can tomatoes whole, cut up and juice reserved
- 1/2 cup yellow cornmeal
- 1 8-ounce can corn whole kernel corn, drained
- 1 3 1/4-ounce can olives pitted, drained and chopped
- 1/2 cup cheddar cheese shredded

Preheat oven to 350°.

In a large non-stick skillet over medium-high heat, sauté celery, green pepper and onion in hot oil for 8 minutes or until crisp-tender. Crumble ground beef or turkey into skillet. Cook and stir until meat is no longer pink. Spoon off excess fat. Sprinkle meat mixture with chili powder and garlic salt and stir.

Meanwhile, in a medium saucepan over medium heat, cook and stir tomatoes with juice and cornmeal until very hot and thickened; remove from heat. Stir cornmeal mixture, corn and olives into skillet until blended. Spoon into a deep 1 1/2 -quart baking dish.

Bake for 25 minutes or until very hot in center. Sprinkle with cheese and bake 5 minutes longer or until cheese melts.

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Wednesday

Chicken Fried Rice Skillet Meal

Makes 4 servings

1 package Chicken Fried Rice Skillet Meal

Prepare and serve Chicken Fried Rice Skillet Meal as directed on package.

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Thursday

Hawaiian Beans and Franks

Makes 7 servings

- 6 slices bacon
- 1/2 cup onions chopped
- 2 16-ounce cans pork and beans
- 1 pound hot dogs diagonally cut in 1-inch pieces
- 1 15-ounce can pineapple tidbits drained and juice reserved
- 1/2 cup brown sugar packed
- 1/2 cup chili sauce
- 3 tablespoons bourbon whiskey or reserved pineapple juice
- 1 tablespoon instant coffee

Preheat oven to 400°.

In a 10-inch skillet over medium-high heat, fry bacon until crisp. Remove bacon, drain on paper towels and crumble; set aside. Discard all but 2 tablespoons of the drippings.

Add onion and sauté until tender. With a slotted spoon, remove onion from skillet and place in a 2-quart baking dish.

To baking dish, add pork and beans, frankfurters, pineapple, brown sugar, chili sauce, bourbon or pineapple juice, and coffee granules. Gently stir to thoroughly mix ingredients. Sprinkle with bacon.

Bake for 50 minutes or until beans are bubbly and juice has thickened.

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Friday

Sloppy Joe Bake

Makes 6 servings

- 1 pound ground beef
- 1 (15-ounce) can Original-Style sloppy joe sauce
- 2 cups Original Bisquick®
- 1/2 cup milk
- 2 tablespoons margarine or butter, softened
- 1 egg
- 4 slices process American cheese, cut diagonally in half

1. Heat oven to 375°. Grease round pan, 9 x 1 1/2 inches. Make beef and sloppy joe sauce as directed on can.
2. Stir Bisquick, milk, margarine and egg until soft dough forms. Spread dough in bottom and up side of pan to within 1/4 inch of rim. Spoon beef mixture evenly over dough.
3. Bake uncovered 25 minutes. Arrange cheese triangles on beef mixture. Bake about 5 minutes or until cheese is melted.

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Saturday

California Pizza

Makes 8 servings

- 1 (8-ounce) can tomato sauce
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon garlic or onion powder
- 1/8 teaspoon pepper
- 2 cups Original Bisquick®
- 1/2 cup cold water
- 1 1/2 cups shredded Monterey Jack-Colby cheese (6 ounces)
- 2 cups cut-up cooked chicken
- 1/2 cup sliced ripe olives
- 1 medium avocado, sliced

1. Heat oven to 425°. Grease 12-inch pizza pan. Mix tomato sauce, oregano, basil, salt, garlic powder and pepper; set aside.
2. Mix Bisquick and cold water until soft dough forms. Press dough in pizza pan, using fingers dusted with Bisquick; pinch edge to form 1/2-inch rim. Sprinkle 1/2 cup of the cheese over dough. Spread tomato sauce over cheese. Top with chicken and olives. Sprinkle with remaining 1 cup cheese.
3. Bake 20 to 25 minutes or until crust is golden brown and cheese is bubbly. Garnish with avocado slices.