

# Angel Food Menus – Week 4 Of November

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/>

## Sunday

### Country Chicken Breasts

Makes 6 servings

- 1 cup carrots thinly sliced
- 2 tablespoons butter or margarine
- 1/4 cup green onions sliced
- 2 tablespoons flour
- 1 1/2 cups chicken broth or bouillon
- 1/2 cup whipped cream
- 2 tablespoons sherry
- 1/8 teaspoon black pepper
- 6 chicken breasts boneless
- 2 ounces ham cooked, cut in thin strips

In a 10-inch skillet over medium heat, sauté carrots in butter or margarine for 5 minutes or until crisp-tender. Add green onions and sauté for 30 seconds or until limp.

Sprinkle flour over vegetables and stir until blended. Add broth or bouillon, cream, sherry and pepper. Stirring, bring to a boil and boil for 5 minutes or until thickened and slightly reduced.

Remove skin from chicken breasts. Place chicken in skillet. Reduce heat to low, cover and simmer for 5 minutes. Turn chicken over; cover and cook 3 to 5 minutes longer or until firm in the thickest part and no longer pink in the center.

Transfer chicken to a warm platter; cover with some of the sauce. Garnish with ham and serve remaining sauce separately.

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## Monday

### No-Wok Stir-Fry

Makes 4 servings

- 1 8-ounce can pineapple chunks or tidbits in own juice
- Water
- 1/4 cup cider vinegar
- 3 tablespoons brown sugar
- 2 tablespoons cornstarch
- 4 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 teaspoon chicken bouillon
- 1 teaspoon ginger ground
- 2 cloves garlic minced
- 1 pound broiler-fryer chicken skinned
- 6 cups fresh or frozen vegetables of your choice, such as broccoli, cauliflower, carrots, onions, zucchini, mushrooms, cabbage or water chestnuts
- 2 teaspoons sesame seeds
- Additional vegetable oil (optional)
- 1/4 cup almonds toasted, cashews or peanuts (optional)
- White rice Hot cooked, or noodles

Drain pineapple juice into a glass measuring cup. Add enough water to measure 1 cup liquid. Set pineapple aside. Pour liquid into a shallow 1 1/2- or 2-quart dish. Add vinegar, brown sugar, cornstarch, 2 tablespoons of the oil, soy sauce, catsup, bouillon granules, ginger and garlic. Stir until blended.

Cut chicken into bite-size strips. Add to marinade, stirring to coat. Let stand while preparing vegetables.

Cut or slice tender vegetables into 1- to 1 1/2 -inch pieces. Longer cooking vegetables such as broccoli, cauliflower and carrots should be cut in smaller pieces.

In a 10- or 12-inch skillet over medium-high heat, heat remaining 2 tablespoons oil until very hot. Using a slotted spoon, remove chicken from marinade; reserve marinade. Place chicken and sesame seeds in hot skillet. Cook and stir for 1 to 2 minutes or until center of chicken pieces are no longer pink. Remove to a plate; keep warm. Add additional oil to skillet if necessary. Stir-fry vegetables until partially tender. Add 1/4 cup water, cover and steam for 2 minutes.

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Add reserved marinade and pineapple to skillet. Stirring, bring to a boil and boil until thickened. Return chicken to skillet and stir gently until heated through. Sprinkle with nuts.

Serve with rice or noodles.

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**Tuesday**

**Mac and Beef Dinner Entrée**

Makes 4 servings

1 2-pound package mac and beef dinner entree

Prepare mac and beef dinner entree as directed on package.

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## Wednesday

### Turkey Pasta Casserole

Makes 4 servings

- 3/4 cup uncooked small pasta shells or elbow macaroni
- 1 pound ground chicken or turkey
- 2 cups frozen mixed vegetables (from 1-pound bag)
- 1 (15-ounce) can Italian-style tomato sauce
- 3/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/4 cup shredded Parmesan cheese

1. Heat oven to 400°. Cook pasta as directed on package. While pasta is cooking, cook chicken in 10-inch skillet over medium heat about 10 minutes, stirring occasionally, until no longer pink; drain.
2. Spoon chicken into ungreased 2-quart casserole. Stir in frozen vegetables, tomato sauce, pasta, garlic salt and pepper.
3. Cover and bake about 30 minutes or until vegetables are tender. Stir; sprinkle with cheese.

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**Thursday**

**Tarragon Chicken**

Makes 4 servings

- 3 chicken breasts, skinless, halves
- 3 zucchini, small, halved, cut into 2" pieces
- 4 ounces mushrooms, small
- 3 carrots, cut into 1/4" slices
- 1/2 teaspoon paprika
- 1/4 cup butter or margarine, melted
- 1 tablespoon lemon juice
- 1 teaspoon tarragon, dried
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Place chicken breasts in freezer bag. Combine vegetables in a separate freezer bag. Attach to chicken with tape. Label and freeze

When ready to prepare, arrange thawed chicken, meat side up, in a greased 9x13x2" baking dish. Sprinkle with paprika. Arrange frozen vegetables around and over chicken. Combine remaining ingredients; drizzle over chicken and vegetables. Cover and bake at 350F for 50-60 minutes or until chicken is done.

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## Friday

### Rigatoni Pizza Stew

Makes 4 servings

- 1 pound Italian sausage links, cut into 1/4-inch slices
- 1 (14 1/2-ounce) can Italian-style stewed tomatoes, undrained
- 1 (14 1/2-ounce) can beef broth
- 1 cup water
- 1/4 cup Italian-style tomato paste
- 1 medium onion, coarsely chopped (1/2 cup)
- 2 medium carrots, cut into 1/2-inch slices (1 cup)
- 1 1/2 cups uncooked rigatoni pasta (4 1/2)
- 1 medium zucchini, cut lengthwise in half, then cut crosswise into 1/4-inch slices (2 cups)
- 1/2 cup shredded mozzarella cheese (2 ounces)

1. Spray 4-quart Dutch oven with cooking spray. Cook sausage in Dutch oven over medium heat about 8 minutes, stirring occasionally, until no longer pink; drain.
2. Stir tomatoes, broth, water, tomato paste, onion and carrots into sausage. Heat to boiling; reduce heat to medium-low. Cook about 10 minutes or until carrots are tender.
3. Stir in pasta and zucchini. Cook 10 to 12 minutes, stirring occasionally, until pasta is tender. Serve topped with cheese.

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## Saturday

### Home Style Chicken Dinner

Makes 4 servings

1 tablespoon butter or margarine

4 boneless skinless chicken breast halves (about 1 1/4 pounds)

1/2 teaspoon salt

1/4 teaspoon pepper, if desired

3/4 cup water

1 envelope (.87 ounce) chicken gravy mix

1 (14-ounce) bag frozen baby whole potatoes, broccoli, carrots, baby corn and red bell peppers strips

1 (4 1/2-ounce) jar sliced mushrooms, drained

Chopped fresh chives or parsley, if desired

1. Melt butter in 10-inch nonstick skillet over medium heat. Sprinkle chicken with salt and pepper. Cook chicken in butter 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet; keep warm.

2. Mix water and gravy mix (dry) in small bowl; pour into same skillet. Stir in frozen vegetables and mushrooms. Heat to boiling; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until largest pieces of potato are hot. Add chicken; cover and simmer about 2 minutes or until chicken is heated through.

3. Serve vegetable and gravy mixture over chicken. Sprinkle with chives.