

Angel Food Menus – Week 4 Of November Shopping List

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/>

[Fresh Produce] Fruits and Vegetables

carrots – 1 cup + 5
green onions – 1/4 cup
garlic cloves – 2
fresh (or frozen) vegetables of your choice –
such as broccoli, cauliflower, carrots, onions,
zucchini, mushrooms, cabbage or water
chestnuts
zucchini – 3 small + 1 medium
onions – 1
fresh chives or parsley – optional

[Beverages]

sherry – 2 tablespoons
lemon juice – 1 tablespoon

[General Grocery] Cooking and Baking

flour – 2 tablespoons
pepper – 3/4 teaspoon
brown sugar – 3 tablespoons
cornstarch – 2 tablespoons
vegetable oil – 4 tablespoons
chicken bouillon – 1 teaspoon
ginger – 1 teaspoon
sesame seeds – 2 teaspoons
almonds, cashews or peanuts (optional)
garlic salt – 3/4 teaspoon
paprika – 1/2 teaspoon
tarragon – 1 teaspoon
salt – 1 teaspoon

[General Grocery] Condiments and Sauces

soy sauce – 2 tablespoons
ketchup – 2 tablespoons

[General Grocery] Dry Foods and Mixes

white rice or noodles
small pasta shells or elbow macaroni – 3/4 cup
rigatoni pasta – 1 1/2 cups
chicken gravy mix – 1 envelope (.87 ounces)

[General Grocery] Canned and Bottled

chicken broth (or bouillon) – 1 1/2 cups
pineapple chunks – 1 can (8 ounces)
cider vinegar – 1/4 cup
Italian-style tomato sauce – 1 can (15 ounces)
mushrooms – 4 ounces + 1 jar (4 1/2 ounces)
Italian-style stewed tomatoes – 1 can (14 1/2 ounces)
beef broth – 1 can (14 1/2 ounces)
Italian-style tomato paste – 1/4 cup

[Dairy]

butter or margarine – 3 tablespoons + 1/4 cup
whipped cream – 1/2 cup
shredded Parmesan cheese – 1/4 cup
shredded mozzarella cheese – 1/2 cup

[Frozen]

macaroni & beef dinner entrée – 1 package (2 pounds)
mixed vegetables – 2 cups (from 1-pound bag)
baby whole potatoes, broccoli, carrots, baby corn & red bell pepper strips – 1 bag (14 ounces)

[Meat and Poultry]

boneless chicken breasts – 13
ham – 2 ounces
broiler-fryer chicken – 1 pound
ground chicken or turkey – 1 pound
Italian sausage links – 1 pound