

Angel Food Menus – Week 1 Of December

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

Marvelous Meat Loaf

Makes 8 servings

- 1/2 pound ground veal
- 1/2 pound ground pork
- 3/4 cup bread crumbs (to further reduce sodium, see recipe, for homemade version)
- 1 cup skim milk
- 1 egg substitute equivalent
- 1 medium onion, chopped (for variety, add 1/4 cup shredded carrot, 2 Tbsp chopped green pepper, and/or 1/4 cup sliced celery)
- 1 (14 1/2-ounce) can stewed tomatoes

1. In a large bowl, combine all ingredients except tomatoes. Place into loaf pan, and pour tomatoes over the top.
2. Bake at 350 degrees for 1 hour. Remove from oven, drain fat, slice, and serve.

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Monday

Chicken with Cream Sauce

Makes 4 servings

- 4 tablespoons olive oil
- 2 whole boneless, skinless chicken breasts, halved
- 3 tablespoons flour
- 1/2 cup low-sodium chicken broth
- 1 cup low-fat sour cream
- 3/4 cup white wine
- 2 teaspoons lemon zest
- 1/2 teaspoon lemon pepper seasoning
- 1/2 cup sliced mushrooms
- 4 sprigs parsley

1. Place 2 Tbsp of oil in a shallow baking pan; place chicken breasts in oil and bake at 350 degrees for 15 minutes.
2. Place remaining 2 Tbsp of oil and flour in a saucepan and blend well. Add broth and continue stirring until mixture is smooth. Add sour cream, wine, lemon rind, and lemon pepper. Stir until well blended.
3. Remove chicken from oven and turn. Cover with mushrooms and pour sauce on top. Continue baking uncovered for 20 minutes or until tender. Transfer to a platter and garnish with parsley.

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Tuesday

Fish Sticks Marinara

Makes 6 servings

- 2 (10-ounce) packages frozen broccoli spears, thawed and drained
- 1 tablespoon olive oil or vegetable oil
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon chopped garlic
- 12 frozen breaded fish sticks
- 1 (15-ounce) container marinara sauce or 2 cups tomato pasta sauce (any variety)
- 1/4 cup shredded Parmesan cheese
- 6 slices (1 ounce each) mozzarella cheese

1. Heat oven to 350°. Arrange broccoli in ungreased square baking dish, 8 x 8 x 2 inches. Drizzle with oil; sprinkle with basil and garlic.
2. Place fish on broccoli. Spoon marinara sauce over fish. Sprinkle with Parmesan cheese. Arrange mozzarella cheese on top.
3. Bake uncovered about 30 minutes or until heated through.

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Wednesday

Pork Stuffed with Corn Bread Dressing

Makes 8 servings

1/4 cup boiling water

1/4 cup raisins

2 slices bacon, cut up

1/2 cup diced celery

2 tablespoons diced onions

1 egg, beaten

1 teaspoon salt

1/4 teaspoon pepper

2-1/2 cups corn bread crumbs

6 center cut pork chops (1-1/4 inches thick) or 1 pork blade roast (3 to 4 pounds), boned for stuffing

Pour water over raisins; set aside.

In a saucepan, cook bacon until crisp; add celery and onion. Cook and stir for 2 minutes; remove from the heat.

In a medium bowl, combine egg, salt, pepper and bacon and raisin mixtures. Stir in crumbs; toss lightly.

If stuffing pork chops, cut a pocket in each chop by slicing from the fat side almost to the bone. Spoon about 1/3 cup stuffing into each chop; place on a rack in a shallow roasting pan.

Bake at 375° for 40-50 minutes or until the meat is no longer pink.

If stuffing a roast, fill pocket in roast with stuffing. Tie roast with string and place on a rack in a shallow roasting pan. Insert meat thermometer into center of meat. Roast at 325° for 1-3/4 to 2-1/4 hours or until the thermometer registers 160° for medium-well or 170° for well-done. Cover and let stand 10 minutes before carving.

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Thursday

Cheeseburger & Fries Casserole

Makes 6 servings

- 2 pounds ground beef
- 1 (10 3/4-ounce) can golden mushroom soup
- 1 (10 3/4-ounce) can Cheddar cheese soup
- 1 (20-ounce) package French fries, frozen potatoes

Brown ground beef; drain. Stir in soups and pour into an ungreased 13" x 9" baking dish; arrange French fries on top. Bake, uncovered, at 350 degrees for 50 to 55 minutes.

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Friday

Pork Chow Mein

Makes 6 servings

- 1 pound boneless pork loin
- 2 cloves garlic, minced
- 4 tablespoons soy sauce, divided
- 1 cup chicken broth
- 2 tablespoons cornstarch
- 1/2 to 1 teaspoon ground ginger
- 1 tablespoon vegetable oil
- 1 cup thinly sliced carrots
- 1 cup thinly sliced celery
- 1 cup chopped onions
- 1 cup coarsely chopped cabbage
- 1 cup coarsely chopped fresh spinach
- Hot cooked rice, optional

Cut pork into 4-in. x 1/2-in. x 1/4-in. strips; place in a bowl. Add garlic and 2 tablespoons soy sauce. Cover and refrigerate 2-4 hours.

Meanwhile, combine broth, cornstarch, ginger and remaining soy sauce; mix well and set aside.

Heat oil in a large skillet or wok on high; stir-fry pork until no longer pink. Remove and keep warm. Add carrots and celery; stir-fry 3-4 minutes. Add onion, cabbage and spinach; stir-fry 2-3 minutes. Stir broth mixture and add to skillet along with pork. Cook and stir until broth thickens, about 3-4 minutes.

Serve immediately over rice if desired.

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Saturday

Cheesy Chilada Casserole

Makes 8 servings

- 1 pound ground beef
- 1 green bell pepper, medium, diced
- 1 onion medium, chopped
- 1 clove garlic minced
- 1 16-ounce can pinto beans, drained
- 1 15-ounce can tomato sauce
- 1 cup picante sauce
- 1 teaspoon cumin powder
- 1/2 teaspoon salt
- 12 corn tortillas
- 2 cups Monterey jack cheese, shredded

Brown meat (lean ground pork may be substituted for beef) with green pepper, onion, and garlic in 10-inch skillet; drain. Add beans, tomato sauce, Picante Sauce (see recipe in this cookbook), cumin, and salt; simmer 15 minutes.

Spoon small amount of meat mixture into 9x13x2-inch baking dish or pan, spreading to coat bottom of dish. Top with 6 tortillas, overlapping as necessary. Top with half remaining meat mixture; sprinkle with 1 cup cheese. Cover with remaining tortillas, overlapping to cover cheese; top with remaining meat mixture. Cover tightly with aluminum foil; bake at 350 degrees F. for 20 minutes. Remove foil; top with remaining cheese. Continue baking, uncovered, 5 minutes.

Let stand 10 minutes before cutting. Top with lettuce, sour cream, and tomato, if desired, and serve with additional Picante Sauce.