

Angel Food Menus – Week 2 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

Lemon Pepper Steak

Makes 4 servings

4 T-bone or New York strip beef steaks (1 inch thick)

Lemon pepper seasoning to taste

Sprinkle steaks with lemon pepper.

Broil in a preheated broiler 3-4 in. from the heat for 5-7 minutes per side or until the steaks reach desired doneness.

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Monday

Turkey Vegetable Soup

Makes 10 servings

- 8 cups turkey broth or chicken broth
- 2 cups carrots cubed
- 3 tomatoes peeled, seeded, and chopped
- 1 onion chopped
- 1/2 cup celery sliced
- 1/2 cup white rice or barley
- 6 cups assorted fresh vegetables*
- 1 teaspoon oregano dried leaves, crushed, or ground oregano
- 1 teaspoon sage dried leaves, crushed, or ground sage
- Salt and hot pepper sauce to taste
- 1 1/2 cups turkeys diced cooked

Place broth in large Dutch oven or kettle. Add carrots, tomatoes, onion, celery, and rice or barley. Bring to boil, reduce heat, and simmer for 20 minutes, covered. Add fresh vegetables and seasoning; bring to boil, cover, and simmer for 30 to 40 minutes or until vegetables are tender. Add turkey last 20 minutes of cooking time. Taste for additional seasoning.

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Tuesday

Beef Goulash

Makes 6 servings

- 1 1/2 pounds ground beef
- 1 medium onion, chopped
- 1 stalk celery, sliced
- 1 (16-ounce) can stewed tomatoes
- 1 tomato can (2 cups) water
- 1 (7-ounce) package uncooked elbow macaroni (1 1/2 cups)
- 1 (6-ounce) can tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon pepper

Cook and stir ground beef, onion and celery in 4-quart ovenproof Dutch oven until beef is brown; drain. Stir in remaining ingredients.

Cover and bake in 350° oven until liquid is absorbed and goulash is hot, about 40 minutes; stir.

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Wednesday

Stuffed Pork Chops

Makes 4 servings

- 1/3 cup chopped celery (with leaves)
- 3 tablespoons finely chopped onions
- 1/4 cup (1/2 stick) margarine or butter
- 2 1/4 cups soft bread cubes (about 4 slices bread)
- 1/2 teaspoon salt
- 1/4 teaspoon rubbed sage
- 3/4 teaspoon chopped fresh or 1/4 teaspoon dried thyme leaves
- 1/8 teaspoon pepper
- 4 pork loin chops, about 1 inch thick (with pockets cut into chops)
- 2 tablespoons vegetable oil
- 1/4 cup apple cider or juice

1. Cook and stir celery and onion in margarine in 2-quart saucepan over medium heat, stirring frequently, until celery is tender; remove from heat. Stir in bread cubes, salt, sage, thyme and pepper.
2. Stuff each pork chop pocket with about 1/3 cup of the bread mixture. Fasten by inserting 2 toothpicks in X shape through edges of pork.
3. Fry in oil in 10-inch skillet over medium heat until brown on both sides, about 15 minutes; drain. Add apple cider; reduce heat. Cover and simmer until pork chops are done, about 1 hour. Remove toothpicks before serving.

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Thursday

Baked Chicken and Rice

Makes 6 servings

2 1/2- to 3- pound cut-up broiler-fryer chicken
3/4 teaspoon salt
1/4 to 1/2 teaspoon paprika
1/4 teaspoon pepper
2 1/2 cups chicken broth
1 cup uncooked regular long grain rice
1 medium onion, chopped (about 1/2 cup)
1 clove garlic, finely chopped
1/2 teaspoon salt
1 1/2 teaspoons chopped fresh or 1/2 teaspoon dried oregano leaves
1/8 teaspoon ground turmeric
1 bay leaf
2 cups shelled fresh green peas *
Pimiento strips
Pitted ripe olives

1. Heat oven to 350°.
2. Place chicken, skin sides up, in ungreased rectangular baking dish, 13 x 9 x 2 inches. Sprinkle with salt, paprika and pepper. Bake uncovered 30 minutes.
3. Heat broth to boiling. Remove chicken and drain fat from dish. Mix broth, rice, onion, garlic, salt, oregano, turmeric, bay leaf and peas in baking dish. Top with chicken. Cover with aluminum foil and bake until rice and thickest pieces of chicken are done and liquid is absorbed, about 30 minutes. Remove bay leaf. Top with pimiento strips and olives.

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Friday

Steak Bake

Makes 6 servings

- 1 pound beef sirloin steaks, about 1/2 inch thick
- 1/4 cup Original Bisquick®
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil
- 1 (16-ounce) bag frozen green beans, potatoes, onions and red peppers (or other combination), thawed
- 1 (14 1/2-ounce) can diced tomatoes, undrained
- 1/4 cup water
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons molasses
- 1 cup Original Bisquick®
- 1/3 cup milk
- 1/4 teaspoon ground mustard
- 1 egg
- 1 tablespoon sesame seeds, if desired

1. Heat oven to 400°. Cut beef into 1-inch pieces. Mix beef, 1/4 cup Bisquick and the pepper until beef is coated. Heat oil in 10-inch nonstick skillet over medium heat. Cook beef in oil, stirring occasionally, until brown.
2. Mix beef, vegetables, tomatoes, water, soy sauce and molasses in ungreased rectangular baking dish, 13 x 9 x 2 inches. Bake uncovered 15 minutes; stir.
3. Stir 1 cup Bisquick, the milk, mustard and egg until blended. Drop dough by 6 spoonfuls onto beef mixture. Sprinkle sesame seed over dough. Bake uncovered 20 to 25 minutes or until biscuits are golden brown.

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Saturday

Wine Marinated Country Style Ribs

Makes 6 servings

- 2 tablespoons vegetable oil
- 1 tablespoon chopped fresh or 1 teaspoon dried rosemary leaves, crushed
- 1 clove garlic, finely chopped
- 1/2 cup dry red wine or grape juice
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 pounds pork loin country-style ribs, cut into serving pieces

1. Heat oil in 1 1/2-quart saucepan over medium heat. Cook rosemary and garlic in oil, stirring frequently, until garlic is golden; remove from heat. Stir in wine, sugar, salt and pepper.
2. Place pork in glass dish. Pour wine mixture over pork; turn to coat. Cover and refrigerate 4 hours, turning pork occasionally.
3. Prepare grill, arranging charcoal around edge of firebox. Place drip pan under grilling area.
4. Remove pork from marinade; reserve marinade. Cover and grill pork over drip pan and 4 to 5 inches from medium coals 1 hour 10 minutes, turning occasionally and brushing with marinade, until pork is tender and no longer pink in center. Discard remaining marinade.