

Angel Food Menus – Week 2 Of December 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 – 2 cups
tomatoes – 3
onions – 3 + 3 tablespoons
celery – 1/2 cup + 1/3 cup (with leaves) + 1 stalk
assorted fresh vegetables – 6 cups
fresh thyme – 3/4 teaspoon
garlic cloves – 2
fresh oregano – 1 1/2 teaspoons
fresh green peas – 2 cups
fresh rosemary – 1 tablespoon

[Bakery and Bread]

bread slices – 4

[Beverages]

apple cider or juice – 1/4 cup
dry red wine or grape juice – 1/2 cup

[General Grocery] Cooking and Baking

lemon pepper seasoning – to taste
salt – to taste + 2 1/2 teaspoons + 3/4 teaspoon
oregano leaves – 1 teaspoon
sage leaves – 1 teaspoon + 1/4 teaspoon rubbed
sage
pepper – 1 3/8 teaspoons
vegetable oil – 6 tablespoons
paprika – 1/4 to 1/2 teaspoon
ground turmeric – 1/8 teaspoon
pimiento strips
bay leaves – 1
ground mustard – 1/4 teaspoon
sesame seeds – 1 tablespoon
sugar – 1 teaspoon

[General Grocery] Condiments and Sauces

hot pepper sauce – to taste
Worcestershire sauce – 1 tablespoon
soy sauce – 1 1/2 tablespoons

[General Grocery] Dry Foods and Mixes

white rice (or barley) – 1/2 cup
elbow macaroni – 1 package (7 ounces)
long grain rice – 1 cup
Bisquick® - 1 1/4 cups

[General Grocery] Canned and Bottled

turkey broth – 8 cups (or chicken broth)
stewed tomatoes – 1 can (16 ounces)
tomato paste – 1 can (6 ounces)
chicken broth – 2 1/2 cups
pitted ripe olives
diced tomatoes – 1 can (14 1/2 ounces)
molasses – 1 1/2 tablespoons

[Dairy]

margarine or butter – 1/4 cup
milk – 1/3 cup
eggs – 1

[Frozen]

frozen green beans, potatoes, onions & red peppers (or other combination) – 1 bag (16 ounces)

[Meat and Poultry]

T-bone or New York strip beef steaks – 4
turkey – 1 1/2 cups
ground beef – 1 1/2 pounds
pork loin chops – 4 + 3 pounds pork loin
country-style ribs
broiler-fryer chicken – 2 1/2 to 3 pounds
beef sirloin steaks – 1 pound