

Angel Food Menus – Week 3 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

Savory Beef Stew

Makes 6 servings

- 1 cup sun-dried tomatoes (not in oil)
- 1 1/2 pounds beef stew meat
- 1 medium onion, cut into 8 wedges
- 1 1/2 teaspoons seasoned salt
- 1 dried bay leaf
- 2 cups water
- 2 tablespoons all-purpose flour
- 12 small new potatoes (1 1/2 pounds), cut in half
- 1 (8-ounce) bag baby carrots (about 30)

1. Heat oven to 325°. Cover dried tomatoes with boiling water. Let stand 10 minutes; drain and coarsely chop.
2. Mix tomatoes, beef, onion, seasoned salt and bay leaf in ovenproof 4-quart Dutch oven. Mix water and flour; stir into beef mixture. Cover and bake 2 hours, stirring once.
3. Stir in potatoes and carrots. Cover and bake 1 hour to 1 hour 30 minutes or until beef and vegetables are tender. Remove bay leaf.

Angel Food Menus – Week 3 Of December

By www.HillbillyHousewife.com

Monday

Chicken Fajita Casserole

Makes 3 servings

1 tablespoon oils
1 pound boneless, skinless chicken breast, cut in strips
2 teaspoons taco seasoning mix
1/8 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon garlic powder
1/2 cup onions, thinly sliced
1 cup red bell peppers, cut in strips
1/2 cup salsa
8 ounces Monterey Jack cheese, shredded

1. Preheat broiler.
2. Brown chicken in oil, and stir in seasonings. When chicken is done, remove from pan.
3. Add onions and red peppers (or green) and cook for a few minutes until crisp-tender.
4. Put chicken into casserole dish and top with onions and peppers.
5. Spread salsa on top and sprinkle with cheese. Put under the broiler for a few minutes until the cheese is bubbly and melted.

Angel Food Menus – Week 3 Of December

By www.HillbillyHousewife.com

Tuesday

Double Wrapped Turkey Tacos

Makes 5 servings

- 1 pound ground turkey or ground beef
- 1 cup salsa
- 10 taco shells
- 1 (6-ounce) container frozen avocado dip, thawed, or 1 cup refried beans, heated
- 10 flour tortillas (6 inches in diameter)
- 1 cup shredded cheddar cheese (4 ounces)
- Shredded lettuce
- 1 large tomato, chopped (1 cup)

1. Cook turkey in 10-inch skillet over medium heat, about 5 minutes, stirring occasionally, until no longer pink; drain. Stir in salsa; reduce heat. Simmer uncovered 5 to 10 minutes to blend flavors.
2. Heat taco shells as directed on package. Spread about 1 tablespoon avocado dip over each tortilla to within 1 inch of edge. Place taco shell on avocado dip in center of tortilla. Wrap flour tortilla up sides of taco shell.
3. Sprinkle cheese into taco shells. Spoon turkey mixture into taco shells. Top with lettuce and tomato. Serve immediately, or wrap securely with plastic wrap and refrigerate up to 24 hours to grab 'n go.

Angel Food Menus – Week 3 Of December

By www.HillbillyHousewife.com

Wednesday

Chicken Alfredo Pot Pie

Makes 6 servings

- 1 (11-ounce) can refrigerated soft bread sticks
- 1 (16-ounce) jar Alfredo pasta sauces
- 1/3 cup milk
- 1 (1-pound) bag frozen broccoli, cauliflower and carrots, thawed and drained
- 2 cups cut-up cooked chicken
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon Italian seasoning

1. Heat oven to 375°. Unroll breadstick dough; separate at perforations to form 12 strips and set aside.
2. Mix pasta sauce, milk, vegetables and chicken in 3-quart saucepan. Heat to boiling, stirring occasionally. Spoon into ungreased rectangular pan, 13 x 9 x 2 inches.
3. Twist each dough strip; arrange crosswise over hot chicken mixture, gently stretching strips if necessary to fit. Sprinkle with cheese and Italian seasoning.
4. Bake uncovered 20 to 30 minutes or until breadsticks are deep golden brown.

Angel Food Menus – Week 3 Of December

By www.HillbillyHousewife.com

Thursday

Pork Roast and Vegetables with Brown Gravy

Makes 8 servings

- 1 (2-pound) boneless pork loin roast
- 1 small onion, thinly sliced
- 2 teaspoons dried parsley flakes
- 1/2 teaspoon dried marjoram leaves
- 1/2 teaspoon dried rosemary leaves
- 1/4 teaspoon crushed red pepper flakes
- 1 (14 1/2-ounce) can ready-to-serve beef broth
- 1/8 teaspoon pepper
- 1 bay leaf
- 1 pound fresh baby carrots
- 8 small red potatoes, unpeeled, quartered
- 1 tablespoon water
- 4 teaspoons cornstarch

1. Heat oven to 325°F. With sharp knife, make 6 horizontal cuts down center of roast, each 2 inches long and 2 inches deep. Stuff each cut with slices of onion; reserve any remaining onion. Place roast in ovenproof Dutch oven.
2. In small bowl, combine parsley, marjoram, rosemary and crushed red pepper flakes; sprinkle evenly over top of roast. Insert meat thermometer into thickest part of roast without touching fat. Pour broth around roast.
3. Place reserved onion slices, pepper and bay leaf in broth in Dutch oven. Arrange carrots and potatoes around roast; cover. Bake at 325°F. for 1 3/4 to 2 hours or until meat thermometer registers 160°F.
4. Remove roast from Dutch oven; place on serving platter. With slotted spoon, remove vegetables and arrange around roast; cover to keep warm.
5. Bring pan juices in Dutch oven to a boil. Boil 10 to 12 minutes or until reduced to half. Remove and discard bay leaf.
6. In small bowl, combine water and cornstarch; blend until smooth. Add to pan juices; cook and stir until mixture is bubbly and thickened. (If desired, gravy can be strained.) Serve gravy with roast and vegetables.

Angel Food Menus – Week 3 Of December

By www.HillbillyHousewife.com

Friday

Ravioli Sausage Lasagna

Makes 8 servings

- 1 1/4 pounds bulk sweet Italian sausages (or use hamburger or ground turkey)
- 1 (26-ounce) jar tomato sauce (any variety)
- 1 25-ounce bag to 27 1/2 ounce frozen cheese-filled ravioli pasta
- 2 1/2 cups shredded mozzarella cheese (10 ounces)
- 2 tablespoons grated Parmesan cheese

1. Heat oven to 350°. Cook sausage in 10-inch skillet over medium heat, about 8 minutes, stirring occasionally, until no longer pink; drain.
2. Spread 1/2 cup of the pasta sauce in ungreased rectangular pan, 13 x 9 x 2 inches. Arrange single layer of frozen ravioli over sauce; pour 1 cup pasta sauce evenly over ravioli. Sprinkle evenly with 1 1/2 cups sausage and 1 cup of the mozzarella cheese. Repeat layers with remaining ravioli, pasta sauce and sausage.
3. Cover with aluminum foil and bake 45 minutes. Remove foil; sprinkle with remaining 1 1/2 cups mozzarella and the Parmesan cheese. Bake about 15 minutes or until cheese is melted and lasagna is hot in center. Let stand 10 minutes before cutting.

Angel Food Menus – Week 3 Of December

By www.HillbillyHousewife.com

Saturday

Crunchy Garlic Chicken

Makes 6 servings

- 2 tablespoons butter or margarine, melted
- 2 tablespoons milk
- 1 tablespoon chopped fresh chives
- 1/2 teaspoon garlic powder
- 2 cups cornflakes cereal, crushed (1 cup)
- 3 tablespoons chopped fresh parsley
- 1/2 teaspoon paprika
- 6 boneless skinless chicken breast halves (about 1 3/4 pounds)
- 2 tablespoons butter or margarine, melted

1. Heat oven to 400°. Spray rectangular pan, 13 x 9 x 2 inches, with cooking spray.
2. Mix 2 tablespoons butter, the milk, chives, salt and garlic powder in shallow bowl. Mix crushed cereal, parsley and paprika in another shallow bowl. Dip chicken into milk mixture, then coat lightly and evenly with cereal mixture. Place in pan. Drizzle with 2 tablespoons butter.
3. Bake uncovered 30 to 35 minutes or until chicken is no longer pink when centers of thickest pieces are cut.