

Angel Food Menus – Week 3 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

onions – 2 + 1/2 cup
potatoes – 12 small + 8 small red potatoes
baby carrots – 1 bag (8 ounces) + 1 pound
red bell peppers – 1 cup
shredded lettuce
tomatoes – 1
fresh chives – 1 tablespoon
fresh parsley – 3 tablespoons

[Bakery and Breads]

taco shells – 10
flour tortillas – 10

[General Grocery] Cooking and Baking

seasoned salt – 1 1/2 teaspoons
bay leaves – 2
flour – 2 tablespoons
oils – 1 tablespoon
salt – 1/8 teaspoon
pepper – 1/4 teaspoon
garlic powder – 1/8 teaspoon + 1/2 teaspoon
Italian seasoning – 1 teaspoon
parsley – 2 teaspoons
marjoram leaves – 1/2 teaspoon
rosemary leaves – 1/2 teaspoon
red pepper flakes – 1/4 teaspoon
cornstarch – 4 teaspoons
paprika – 1/2 teaspoon

[General Grocery] Dry Foods and Mixes

taco seasoning mix – 2 teaspoons

[General Grocery] Canned and Bottled

sun-dried tomatoes (not in oil) – 1 cup
salsa – 1 1/2 cups
Alfredo pasta sauce – 1 jar (16 ounces)
ready-to-serve beef broth – 1 can (14 1/2 ounces)
tomato sauce – 1 jar (26 ounces)

[Dairy]

Monterey jack cheese – 8 ounces
shredded cheddar cheese – 1 cup
refrigerated soft bread sticks – 1 can (11 ounces)
milk – 1/3 cup + 2 tablespoons
Parmesan cheese – 4 tablespoons
shredded mozzarella cheese – 2 1/2 cups
butter or margarine – 4 tablespoons

[Frozen]

frozen avocado dip – 1 container (6 ounces)
frozen broccoli, cauliflower & carrots – 1 bag (1 pound)
frozen cheese-filled ravioli pasta – 1 bag 25 ounces

[Meat and Poultry]

beef stew meat – 1 1/2 pounds
boneless skinless chicken breast – 1 pound + 6
ground turkey – 1 pound (may substitute with ground beef)
chicken – 2 cups
boneless pork loin roast – 1 (2 pounds)
bulk sweet Italian sausages – 1 1/4 pounds (may substitute with hamburger or ground turkey)

[Miscellaneous]

cornflakes cereal – 2 cups