

Angel Food Menus – Week 4 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

Chicken and Corn Bread Stuffing Casserole

Makes 4 servings

- 1 (10 3/4-ounce) can condensed cream of chicken soup
- 3/4 cup milk
- 1 (10-ounce) package frozen mixed vegetables, thawed and drained
- 1 medium onion, finely chopped (1/2 cup)
- 1/2 teaspoon ground sage or poultry seasoning
- 2 cups cooked chicken breasts from Baked Oregano Chicken - HMM, cut up, or 2 cups cut-up cooked chicken
- 1 1/2 cups corn bread stuffing mix
- 1/8 teaspoon pepper
- Paprika, if desired

1. Heat oven to 400°. Spray 3-quart casserole with cooking spray.
2. Heat soup and milk to boiling in 3-quart saucepan over high heat, stirring frequently. Stir in mixed vegetables, onion and sage. Heat to boiling, stirring frequently; remove from heat.
3. Stir in chicken and stuffing mix. Spoon into casserole. Sprinkle with pepper and paprika. Bake uncovered about 15 minutes or until hot in center.

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Monday

Bacon Cheeseburger Pizza

Makes 8 servings

1 loaf (1 pound) unsliced French bread
1 pound ground beef
1 medium onion chopped (1/2 cup)
1 jar (14 ounces) pizza sauce (any variety)
1 large tomato, seeded and chopped (1 cup)
8 slices bacon, crisply cooked and crumbled
2 cups finely shredded pizza cheese blend (mozzarella and Cheddar cheeses) (8 ounces)

1. Heat oven to 400°. Cut bread loaf horizontally in half. Cut bread halves crosswise in half to make 4 pieces (to fit on cookie sheet). Arrange on large ungreased cookie sheet.
2. Cook beef and onion in 10-inch skillet over medium-high heat about 8 minutes, stirring occasionally, until beef is brown; drain. Stir in pizza sauce. Spread beef mixture over bread. Sprinkle with tomato, bacon and cheese.
3. Bake 12 to 15 minutes or until pizza is hot and cheese is melted.

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Tuesday

Baked Ham

1 ham (see notes below)

1. Allow 1/3 to 1/2 lb. per serving for bone-in ham and 1/4 to 1/3 lb. per serving for boneless ham. Heat oven to 325°F. Place ham, fat side up, on rack in shallow roasting pan. Insert meat thermometer so bulb reaches center of thickest part of ham, but does not rest in fat or on bone.
2. Bake at 325°F. until meat thermometer registers 140°F., using "Timetable for Roasting Smoked Pork."
3. To glaze baked ham, pour drippings from pan; discard drippings. If necessary, trim fat, leaving only a thin layer on ham. Score ham by cutting diamond shapes about 1/4 inch deep through fat. If desired, insert 1 whole clove in each diamond. Spoon desired glaze (Brown Sugar Glaze for Ham or Creamy Mustard Sauce, for example) over ham. Return to oven; bake an additional 15 to 20 minutes.

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Wednesday

Chicken in Plum Sauce

Makes 3 servings

6 chicken thighs small
Unseasoned natural tenderizer
1/2 cup plum preserves
1/2 cup orange juice concentrate
1 tablespoon soy sauce
1 tablespoon vegetable oil
1 teaspoon ginger ground
1/2 teaspoon dry mustard
1/8 teaspoon hot pepper sauce
Green onion sliced

Remove skin from chicken thighs. Sprinkle chicken with tenderizer according to package directions.

In a small bowl, whisk plum preserves, orange juice, soy sauce, oil, ginger, mustard and hot pepper sauce until well blended.

Place chicken in a 10-inch skillet. Turn heat to high. Stir sauce and pour over chicken. Bring to a boil; reduce heat to medium-high, cover and simmer for 10 minutes. Reduce heat to medium, cover and cook 15 minutes longer or until tender and meat is not longer pink when cut along bone, turning several times. Add hot water if sauce gets too thick.

To serve, place chicken thighs on a platter; spoon sauce over and sprinkle with green onions. Garnish with a green onion brush if desired.

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Thursday

Rigatoni Florentine

Makes 4 servings

1 10-ounce package spinach chopped
8 ounces rigatoni or other large macaroni
1/2 cup onions chopped
2 tablespoons butter or margarine
2 tablespoons flour
1 1/2 cups milk
1 cup ham finely chopped cooked
1 1/2 teaspoons chicken bouillon
1/4 teaspoon black pepper
Grated Romano cheese

Remove spinach from package. Place in a sieve under hot running water until thawed. Press spinach against sides of sieve with a rubber scraper to remove excess moisture; set aside.

Cook rigatoni according to package directions; drain, return to pot, cover and keep warm if necessary.

Meanwhile, in a 2-quart saucepan over medium heat, sauté onion in butter or margarine for 5 to 7 minutes or until beginning to brown. Stir in flour. Add milk. Stirring, bring to a boil.

Add spinach, ham, bouillon granules and pepper. Stirring, bring to a boil and boil for 3 to 5 minutes to blend flavors.

Place drained rigatoni or macaroni in a large serving dish. Pour sauce over; toss if desired. Sprinkle with Romano cheese and pass additional cheese.

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Friday

Sloppy Toms

Makes 4 servings

1 cup onions chopped
1/2 cup green bell peppers chopped
2 tablespoons butter or margarine
1 pound ground turkey
1 8-ounce can tomato sauce
1 1/2 teaspoons poultry seasoning
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon lemon juice
1/4 teaspoon black pepper
1/8 teaspoon garlic powder
4 hamburger buns
Butter or margarine

1. In a 10-inch non-stick skillet over medium-high heat, sauté onion and green pepper in butter or margarine for 4 minutes or until onion is transparent.
2. Add turkey and cook for 5 minutes or until no longer pink, breaking up meat as it cooks.
3. Meanwhile, in a small bowl, stir tomato sauce, poultry seasoning, Worcestershire sauce, salt, lemon juice, pepper and garlic powder.
4. When turkey is cooked, stir sauce into skillet; reduce heat to low, cover and simmer for 10 minutes.
5. Meanwhile, preheat broiler. Split buns. Spread lightly with butter or margarine and toast 6 inches from heat source.
6. Spoon turkey mixture over bottom half of buns. Place top half over meat mixture.

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Saturday

Pesto Ravioli with Chicken

Makes 4 servings

- 2 teaspoons olive and vegetable oil
- 1 (15-ounce) package chicken tenders
- 3/4 cup chicken broth
- 1 (9-ounce) package refrigerated cheese-filled ravioli
- 3 small zucchini, cut into 1/4-inch slices
- 1 large red bell pepper, thinly sliced
- 1/4 cup refrigerated pesto
- Freshly grated Parmesan cheese, if desired

1. Heat oil in 12-inch skillet over medium-high heat. Cook chicken in oil about 4 minutes, turning occasionally, until brown. Remove chicken from skillet.

2. Add broth and ravioli to same skillet. Heat to boiling; reduce heat. Cover and simmer about 4 minutes or until ravioli is tender. Stir in zucchini, bell pepper and chicken. Cook over medium-high heat about 3 minutes, stirring occasionally, until vegetables are crisp-tender and chicken is no longer pink in center. Toss with pesto. Sprinkle with cheese.