

Angel Food Menus – Week 4 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 1/2 cups
tomatoes – 1
green onion
green bell peppers – 1/2 cup
zucchini – 3 small
red bell peppers – 1 large

[Bakery and Breads]

French bread – 1 loaf (1 pound)
hamburger buns – 4

[Beverages]

lemon juice – 1/2 teaspoon

[General Grocery] Cooking and Baking

ground sage – 1/2 teaspoon
pepper – 3/8 teaspoon + 1/4 teaspoon
paprika – optional
unseasoned natural tenderizer
vegetable oil – 1 tablespoon + 2 teaspoons
ginger – 1 teaspoon
dry mustard – 1/2 teaspoon
flour – 2 tablespoons
chicken bouillon – 1 1/2 teaspoons
poultry seasoning – 1 1/2 teaspoons
salt – 1/2 teaspoon
garlic powder – 1/8 teaspoon
olive oil – 2 teaspoons

[General Grocery] Condiments and Sauces

soy sauce – 1 tablespoon
hot pepper sauce – 1/8 teaspoon
Worcestershire sauce – 1 teaspoon

[General Grocery] Dry Foods and Mixes

corn bread stuffing mix – 1 1/2 cups

rigatoni or other large macaroni – 8 ounces

[General Grocery] Canned and Bottled

cream of chicken soup – 1 can (10 3/4 ounces)
pizza sauce – 1 jar (14 ounces)
plum preserves – 1/2 cup
tomato sauce – 1 can (8 ounces)
chicken broth – 3/4 cup

[Dairy]

milk – 3/4 cup + 1 1/2 cups
finely shredded pizza cheese blend – 2 cups
butter or margarine – 4 tablespoons
Romano cheese
refrigerated cheese-filled ravioli – 1 package (9 ounces)
refrigerated pesto – 1/4 cup
Parmesan cheese – optional

[Frozen]

frozen mixed vegetables – 1 package (10 ounces)
orange juice concentrate – 1/2 cup
spinach – 1 package (10 ounces)
chicken tenders – 1 package (15 ounces)

[Meat and Poultry]

cooked chicken breasts – 2 cups
ground beef – 1 pound
bacon – 8 slices
ham (1/3 to 1/2 pound per serving for bone-in ham & 1/4 to 1/3 pound per serving for boneless ham) + 1 cup
chicken thighs – 6 small
ground turkey – 1 pound