

# Angel Food Menus – Week 1 Of February

By [www.HillbillyHousewife.com](http://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 Broccoli with Mushroom Sauce

Makes 4 servings

- 1 (10-ounce) box frozen broccoli
- 2 tablespoons reduced-calorie margarine
- 2 tablespoons flour
- 1 cup homemade chicken broth
- 1 can (4 oz.) sliced mushrooms, with liquid
- 2 cups (1 lb) cooked chicken, sliced
- 2 tablespoons chopped parsley
- 2 tablespoons bread crumbs

1. Cook broccoli according to package directions.
2. Mix margarine and flour together in saucepan. Cook briefly over medium heat. Blend in chicken broth, stirring constantly, until thickened and smooth. Sauce may be made in the microwave oven by combining ingredients and cooking on HIGH until thickened, stirring two or three times.
3. Stir in mushrooms and their liquid. Season to taste.
4. Place broccoli pieces in shallow pan.
5. Cover with sliced chicken and pour mushroom sauce over all.
6. Top with parsley and bread crumbs.
7. Bake at 375 for 15-25 minutes or until bubbly and brown on top.

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## Monday

### Beef Stroganoff

Makes 8 servings

- 4 tablespoons olive oil
- 2 tablespoons minced onions
- 2 pounds lean beef sirloin steaks, pounded and cut into 1-inch cubes
- 1/2 pound fresh mushrooms, sliced
- Fresh ground pepper
- 1 teaspoon (dash) nutmeg
- 1 cup low-fat sour cream
- 9 ounces uncooked noodles

1. In a large skillet over medium heat, heat the oil, add the onion and beef, and sauté for 5 minutes. Add the mushrooms, pepper, and nutmeg.
2. Reduce the heat to low and add the sour cream, stirring constantly until well blended.
3. Cook noodles in boiling water for 9 to 10 minutes. Drain. Place noodles on a serving dish and place beef mixture on top. Serve.

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**Tuesday**

## **Apple Cinnamon Pork Chops**

Makes 2 servings

- 1 tablespoon canola oil
- 1 large apple, sliced
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 pork chops (4 oz each), trimmed of fat

1. In a medium nonstick skillet, heat the canola oil. Add apple slices and sauté until just tender. Sprinkle with cinnamon and nutmeg, remove from heat, and keep warm.
2. Place pork chops in skillet, and cook thoroughly. Remove pork chops from skillet, arrange on a serving platter, spoon apple slices on top, and serve.

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## Wednesday

### Betty's Macaroni and Cheese

Makes 4 servings

- 1 cup uncooked macaroni (2 cups cooked)
- 3 tablespoons reduced-calorie margarine
- 3 tablespoons flour
- 1 1/2 cups 1% milk
- 8 ounces sharp low-fat cheddar cheese, cubed
- 1/2 teaspoon seasoned salt (optional)
- 1/4 teaspoon celery salt (optional)

1. In a medium casserole microwave margarine 40-45 second on HIGH.
2. Add flour and stir until smooth. Stir in milk; microwave on HIGH stirring once.
3. Add cheese and seasonings and microwave 1 minute on HIGH. Combine macaroni and cheese sauce. Microwave 2 minutes on HIGH or until heated through. Cover. Let stand 10 minutes.

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## Thursday

### Chicken Baked in Spicy Yogurt

8 servings

3 1/2 pounds broiler-fryer chicken, cut into serving pieces, or 3 lbs. chicken legs or breasts

1 cup low-fat plain yogurt

1/2 teaspoon ground cumin

1/2 teaspoon dry mustard

1/4 teaspoon red pepper flakes

1/4 teaspoon ground ginger

1 clove garlic, minced

1/2 cup scallion, sliced diagonally into 1-inch pieces, including green tops

1. Rinse chicken under cold, running water; dry with paper towels.
2. Stir together all the other ingredients, except scallions.
3. Add chicken and turn pieces to coat with yogurt mixture. Cover and refrigerate 8 hours or longer.
4. Spray 13x9 - inch pan with nonstick vegetable cooking spray.
5. Arrange chicken in pan. Cover with remaining sauce.
6. Bake uncovered at 350 for about 1 hour
7. Garnish with scallions.

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## Friday

### Herbed Pot Roast

Makes 8 servings

- 1 tablespoon olive oil
- 2 pounds lean boneless roast beef
- Fresh ground pepper
- 1/2 cup water
- 1/3 cup dry sherry
- 1/4 cup ketchup
- 1 clove garlic, minced
- 1/4 teaspoon dry mustard
- 1/4 teaspoon marjoram
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- 2 medium onions, sliced
- 1/ bay leaf
- 1 (16-ounce) can sliced mushrooms, undrained

1. Add olive oil to a large Dutch oven over medium heat. Sprinkle roast with pepper, and brown roast on all sides.
2. Combine water, sherry, ketchup, garlic, mustard, marjoram, rosemary, and thyme in a small bowl, and pour over roast. Add onions and bay leaf, cover, and simmer for 2 to 3 hours, until roast is tender.
3. Add mushrooms and continue simmering until heated. Remove bay leaf. Transfer roast to a platter, slice, and serve.

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**Saturday**

## **Stir Fried Pork Tenderloin**

Makes 6 servings

- 1 tablespoon vegetable oil
- 1 pound pork tenderloin, cut into thin, strips
- 1 tablespoon oysters sauce (found in the Chinese food section of the grocery store)
- 1 tablespoon cornstarch
- 1/2 cup low-sodium chicken broth
- 1 tablespoon lite soy sauce
- 1 cup fresh snow peas, trimmed
- 1/2 cup sliced water chestnuts, drained
- 1/2 cup minced red bell peppers
- 1/4 cup sliced scallion

1. In a large skillet or wok, heat oil. Stir-fry pork until strips are no longer pink.
2. Combine oyster sauce, cornstarch, chicken broth, and soy sauce in a measuring cup. Add to the pork and cook until sauce thickens.
3. Add vegetables, cover, and steam for 2 to 3 minutes. Serve.