

Angel Food Menus – Week 1 Of February 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 tablespoons + 2 medium
fresh mushrooms – 1/2 pound
apples – 1
garlic cloves – 2
scallion – 3/4 cup
fresh snow peas – 1 cup
red bell peppers – 1/2 cup

[Bakery and Bread]

bread crumbs – 2 tablespoons

[Beverages]

dry sherry – 1/3 cup

[General Grocery] Cooking and Baking

flour – 5 tablespoons
homemade chicken broth – 1 cup
parsley – 2 tablespoons
olive oil – 5 tablespoons + 1 tablespoon
vegetable oil
fresh ground pepper
nutmeg – 1 1/4 teaspoons
canola oil – 1 tablespoon
cinnamon – 1 teaspoon
seasoned salt – 1/2 teaspoon
celery salt – 1/4 teaspoon
cumin – 1/2 teaspoon
dry mustard – 3/4 teaspoon
red pepper flakes – 1/4 teaspoon
ground ginger – 1/4 teaspoon
marjoram – 1/4 teaspoon
rosemary – 1/4 teaspoon
thyme – 1/4 teaspoon
bay leaves – 1
cornstarch – 1 tablespoon

[General Grocery] Condiments and Sauces

ketchup – 1/4 cup
oysters sauce – 1 tablespoon (found in the Chinese food section of grocery store)
lite soy sauce – 1 tablespoon

[General Grocery] Dry Food and Mixes

uncooked noodles – 9 ounces + 1 cup
uncooked macaroni

[General Grocery] Canned and Bottled

mushrooms – 2 cans (1-4 ounce + 1-16 ounce)
low-sodium chicken broth – 1/2 cup
water chestnuts – 1/2 cup

[Dairy]

reduced-calorie margarine – 5 tablespoons
low-fat sour cream – 1 cup
1% milk – 1 1/2 cups
sharp low-fat cheddar cheese – 8 ounces
low-fat plain yogurt – 1 cup

[Frozen]

frozen broccoli – 1 box (10 ounces)

[Meat and Poultry]

chicken – 2 cups
lean beef sirloin steaks – 2 pounds
pork chops – 2
broiler-fryer chicken – 3 1/2 pounds
lean boneless roast beef – 2 pounds
pork tenderloin – 1 pound