

Angel Food Menus – Week 3 Of February

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

Chili Beef with Sour Cream

Makes 4 servings

- 2 tablespoons chili powder
- 3 teaspoons dried oregano leaves
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 1 pound beef sirloin steaks
- 1/4 cup sour cream

1. Heat grill. In small bowl, combine all ingredients except beef and sour cream; mix well. Brush both sides of beef with water. Sprinkle seasoning mixture over both sides; with fingers, rub into beef.
2. When ready to grill, place beef on gas grill over medium-high heat or on charcoal grill 4 to 6 inches from medium-high coals; cover grill. Cook 9 to 12 minutes or until beef is of desired doneness, turning once. Let stand 5 minutes before serving.
3. To serve, cut beef diagonally into thin slices. Top each serving with 1 tablespoon sour cream.

Angel Food Menus – Week 3 Of February

By www.HillbillyHousewife.com

Monday

Lemon Breaded Fried Chicken

Makes 6 servings

1/4 cup lemon juice fresh
1 broiler-fryer chicken 3-pound quartered, or 3 pounds chicken breasts
2 teaspoons salt
1/2 cup flour
1 egg lightly beaten
1 1/2 cups bread crumbs dry fine
Vegetable oil
Lemon wedges

Sprinkle lemon juice over chicken and turn until thoroughly moistened. Let stand 1 1/2 hours, turning pieces occasionally. Pat chicken dry with paper towels. Sprinkle with salt; dip in flour and shake off excess. Dip in egg; roll in bread crumbs to coat thoroughly. In a heavy skillet, heat oil (should be 1/4 -inch deep at all times during frying). Add one-half of chicken pieces and when deep golden brown, turn and complete frying. Test for doneness. Remove to platter and keep warm. Fry remaining chicken. Serve garnished with lemon wedges.

Angel Food Menus – Week 3 Of February

By www.HillbillyHousewife.com

Tuesday

Tuna Tetrazzini

Makes 6 servings

2 tablespoons margarine
1/3 cup celery chopped
1/3 cup onions chopped
2 10 1/2-ounce cans cream of mushroom soup
2 6 1/2-ounce cans tuna solid meat packed in water, flaked (reserve liquid)
1 soup can liquid (tuna liquid plus enough water to fill can)
1 1/4 cups parmesan cheese grated
2/3 cup green olives sliced stuffed
2 tablespoons pimiento chopped
3 tablespoons parsley chopped fresh
1 tablespoon lemon juice fresh
1/2 teaspoon thyme dried, crushed
1/2 teaspoon marjoram dried, crushed
1/2 teaspoon garlic powder (optional)
1/2 pound spaghetti cooked and drained

In a large skillet heat margarine; add celery and onion. Sauté for 5 minutes, stirring. Add soup and liquid; simmer 3 minutes. Add 1/4 cup Parmesan cheese, tuna, olives, and pimiento. Combine and heat thoroughly. Season with parsley, lemon juice, thyme, marjoram, and optional garlic powder. Mix in spaghetti and pour mixture into a greased 3-quart baking dish. Top with remaining 1 cup Parmesan cheese. Bake in a preheated 375° F oven for 30 minutes or until hot and bubbly. Brown under broiler.

Angel Food Menus – Week 3 Of February

By www.HillbillyHousewife.com

Wednesday

Pork Casserole

Makes 14 servings

2 pounds pork steaks cubed
1 onion medium, minced
2 cups celery diced
1 green bell pepper minced
1/4 pound mushrooms fresh, sliced
Vegetable oil (optional)
Salt and freshly ground pepper to taste
1 2-ounce can pimiento drained and minced
1 10 1/2-ounce can cream of mushroom soup
1 10 1/2-ounce can cream of chicken soup
1/4 cup water
1/3 cup soy sauce
1/4 cup sugar
1 8-ounce package pasta shells cooked and drained
Chow mein noodles

Brown meat; add onion, celery, green pepper, and mushrooms. Sauté in meat juices until vegetables are limp, adding vegetable oil if needed. Add salt and pepper to taste. Mix in pimiento, soups, water, soy sauce, and sugar. Add macaroni to meat-vegetable mixture.

Pour into a 9 x 13-inch greased casserole or 2 8-inch square casseroles and top with chow mein noodles. Cover with foil and bake in a preheated 350° F oven for 1 hour. Remove foil and bake 15 minutes to crisp noodles.

Angel Food Menus – Week 3 Of February

By www.HillbillyHousewife.com

Thursday

Potatoburgers with Gravy

Makes 6 servings

- 1 pound ground beef
- 1 potato large, pared and grated
- 1/2 onion chopped
- 1 egg
- 1 teaspoon parsley chopped fresh
- 1 teaspoon salt
- 1/4 teaspoon black pepper freshly ground
- 1/4 teaspoon sage dried leaf, crushed
- 1 1/3 cups beef bouillon
- * Part two.
- 2 tablespoons flour
- 1 cup milk
- Salt and freshly ground pepper to taste
- Parsley Minced fresh

Thoroughly mix meat, potato, onion, egg, parsley, salt, pepper, and sage. Shape into 6 patties 1/2 -inch thick; brown in a skillet over medium heat. Reduce heat; add bouillon. Cover and simmer, about 35 minutes, depending on the thickness of patties. Remove patties from skillet and keep warm while preparing the following gravy.

Gravy:

*Scrape meat drippings from bottom of skillet. If desired, remove excess fat. Stir in flour and cook 3 minutes. Add milk and bring to boil; taste for additional salt and pepper. Serve with patties. Garnish with a sprinkling of fresh parsley.

Angel Food Menus – Week 3 Of February

By www.HillbillyHousewife.com

Friday

Country Beef Rib Casserole

Makes 4 servings

- 3 pounds beef short ribs cut in serving-size pieces
- 2 tablespoons vegetable oil
- 1 onion medium chopped
- 1 1/2 cups water
- 1/4 cup brown sugar
- 1 tablespoon flour
- Few drops of hot pepper sauce
- 1 teaspoon dry mustard
- 2 tablespoons cider vinegar
- 1 teaspoon lemon juice fresh
- 1 bay leaf
- Salt and freshly ground pepper to taste
- 1 10 1/2-ounce package frozen lima beans cooked and drained

Heat oven to 325° F. Trim excess fat from ribs; brown in oil. Place ribs in a deep 2 1/2 - to 3-quart casserole. Drain off fat in skillet, reserving about 2 tablespoons. Sauté onion in meat drippings; add water and bring to boil. Pour over ribs; cover and bake for 2 hours, or until almost tender. Pour off juice into saucepan and combine with sugar, flour, hot pepper sauce, mustard, vinegar, lemon juice, and bay leaf. Bring to boil, stirring constantly, and cook until well-blended and slightly thickened. Season with salt and pepper; pour over ribs and bake, uncovered, for 1 hour or until meat is tender. Add lima beans; cover and bake 30 minutes.

Angel Food Menus – Week 3 Of February

By www.HillbillyHousewife.com

Saturday

Bacon Cheddar Chicken Patties

Makes 4 servings

- 4 boneless skinless chicken breast halves
- 8 strips bacon
- 1 small red onion, sliced
- 4 cups shredded cheddar cheese

1. Place 1 chicken breast half between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with flat side of meat mallet or rolling pin until about 1/4-inch thick; remove wrap. Repeat with remaining chicken breast halves.
2. In large skillet over medium heat, cook bacon until crisp. Remove bacon from skillet; drain on paper towels. Reserve 1 tablespoon drippings in skillet.
3. Add onion to drippings; cook and stir 2 to 4 minutes or until tender. Remove onion from skillet. Add chicken to skillet; cook 6 to 8 minutes on each side or until chicken is fork-tender and juices run clear.
4. Place chicken on cookie sheet and drape with bacon and cover with onion and cheese. Broil for 4 to 6 minutes until cheese is melted.