

Angel Food Menus – Week 3 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

lemon wedges
celery – 2 1/3 cups
onions – 1/3 cup + 2 1/2 medium + 1 small red onion
fresh parsley – 3 tablespoons + 1 teaspoon
green bell pepper – 1
fresh mushrooms – 1/4 pound
potatoes – 1

[Beverages]

fresh lemon juice – 1/4 cup + 1 tablespoon + 1 teaspoon

[Bakery and Bread]

dry bread crumbs – 1 1/2 cups

[General Grocery] Cooking and Baking

chili powder – 2 tablespoons
oregano – 3 teaspoons
cumin – 1 teaspoon
salt – 3 1/2 teaspoons
pepper – 3/4 teaspoon + 1/4 teaspoon cayenne
pepper + freshly ground pepper to taste
onion powder – 1/4 teaspoon
flour – 1/2 cup + 3 tablespoons
vegetable oil
thyme – 1/2 teaspoon
marjoram – 1/2 teaspoon
garlic powder – 1/2 teaspoon (optional)
vegetable oil – 2 tablespoons
sugar – 1/4 cup + 1/4 cup brown sugar
sage – 1/4 teaspoon
beef bouillon – 1 1/3 cups
dry mustard – 1 teaspoon
bay leaves – 1

[General Grocery] Condiments and Sauces

soy sauce – 1/3 cup
hot pepper sauce – few drops

[General Grocery] Dry Food and Mixes

spaghetti – 1/2 pound
pasta shells – 1 package (8 ounces)
chow Mein noodles

[General Grocery] Canned and Bottled

cream of mushroom soup – 3 cans (10 1/2 ounces each)
tuna packed in water – 2 cans (6 1/2 ounces each)
green olives – 2/3 cup
pimiento – 2 tablespoons + 1 can (2 ounces)
cream of chicken soup – 1 can (10 1/2 ounces)
cider vinegar – 2 tablespoons

[Dairy]

sour cream – 1/4 cup
eggs – 2
Parmesan cheese – 1 1/4 cups
margarine or butter – 2 tablespoons
milk – 1 cup
shredded cheddar cheese – 4 cups

[Frozen]

frozen lima beans – 1 package (10 1/2 ounces)

[Meat and Poultry]

beef sirloin steaks – 1 pound
broiler-fryer chicken – 1 (3 pounds)
pork steaks – 2 pounds
ground beef – 1 pound
beef short ribs – 3 pounds
boneless skinless chicken breast halves – 4
bacon – 8 strips