

# Angel Food Menus – Week 4 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

### Chili

Makes 10 servings

- 3 pounds ground beef
- 2 onions medium, chopped
- 2 cloves garlic minced
- 2 1/2 cups tomato juice
- 1 16-ounce can tomatoes whole, cut up and liquid reserved
- 2 8-ounce cans tomato sauce
- 1/4 cup chili powder
- 2 teaspoons salt
- 2 teaspoons oregano dried leaves
- 1 1/2 teaspoons cumin ground
- 2 15-ounce cans chili beans chili beans in gravy

In a large skillet or Dutch oven over medium-high heat, cook and stir beef, onions, and garlic until meat is brown and onions are tender; drain off fat.

Stir in tomato juice, tomatoes with liquid, tomato sauce, chili powder, salt, oregano, and cumin. Bring to a boil over high heat, reduce heat to low, and simmer 1 hour, stirring occasionally.

Stir in beans; simmer 1 hour longer.

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## Monday

### Ham and Broccoli Dinner

Makes 12 servings

- 2 10 1/2-ounce packages frozen broccoli spears cooked
- 6 eggs hard-cooked, sliced
- 2 cups ham cooked diced
- 1/2 pound American cheese grated
- 1/3 cup tapioca quick-cooking
- 1/3 cup green bell peppers diced
- 1/3 cup onions diced
- 1/3 cup celery diced
- 2 tablespoons parsley chopped fresh
- 1/3 cup mayonnaise real
- 1 cup evaporated milk
- 2 10 1/2-ounce cans cream of mushroom soup
- 1 cup bread crumbs dry
- 1/4 cup margarine melted

Heat oven to 350° F.

Grease a 9 x 13-inch baking dish.

Cut broccoli spears into bite-size pieces and spread in baking dish; cover with sliced eggs.

Combine ham, cheese, tapioca, green pepper, onion, celery, parsley, mayonnaise, milk, and soup. Pour over contents of baking dish. Cover with a mixture of bread crumbs and melted margarine. Cover and bake for 15 minutes; uncover and bake for another 15 minutes.

Note: Make ahead and remove from refrigerator 1 hour before baking.

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## Tuesday

### Herbed Chicken Breast

Makes 6 servings

- 3 chicken breasts halved
- Salt and freshly ground pepper to taste
- 1/4 cup margarine
- 1 10 1/2-ounce can cream of chicken soup
- 1/4 cup vermouth
- 1/2 cup chicken broth
- 1 5-ounce can water chestnuts sliced, drained
- 1/4 pound mushrooms fresh, thinly sliced
- 1/4 cup onions minced
- 1/4 cup green bell peppers minced
- 1/2 teaspoon thyme dried, crushed

Skin chicken breasts; lightly salt and pepper.

In a skillet, brown chicken in margarine; remove to a greased 9 x 13-inch baking dish.

To drippings in skillet, add soup, vermouth, and chicken stock; cook, stirring, until smooth. Add water chestnuts, mushrooms, onion, green pepper, and thyme. Bring to boil; pour over chicken and cover with foil.

Bake in a preheated 350° F oven for 25 minutes. Remove foil and bake 15 minutes longer.

Serve with hot rice.

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## Wednesday

### Garlicky Pork with Basil

Makes 4 servings

- 3/4 pound lean pork tenderloin
- 1 teaspoon vegetable oil
- 1/4 cup chicken broth
- 1/4 cup chopped fresh or 1 tablespoon plus 1 teaspoon dried basil leaves
- 1/8 teaspoon ground red pepper (cayenne)
- 4 cloves garlic, crushed

Trim fat from pork if necessary. Cut pork crosswise into 8 pieces. Flatten each piece to 1/4-inch thickness between waxed paper or plastic wrap.

Heat oil in 10-inch nonstick skillet over medium-high heat. Cook pork in oil about 3 minutes, turning once, until brown. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover and simmer about 5 minutes or until pork is no longer pink in center.

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## Thursday

### Oven Fried Sesame Chicken

Makes 4 servings

- 2 tablespoons sesame seeds
- 1/2 cup crackers crumbs
- 1/2 teaspoon dried tarragon leaves
- 1/4 teaspoon garlic salt
- 1/8 teaspoon black pepper
- 1 egg large
- 2 tablespoons water
- 1/8 teaspoon salt
- Dash black pepper
- 4 chicken drumsticks and thighs (about 2 1/2 lb. total)
- 1/4 cup vegetable oil

1. Preheat oven to 375°.
2. In a small skillet over medium-high heat, cook sesame seeds until golden brown, stirring occasionally. Set aside to cool slightly.
3. In a shallow dish, mix cracker crumbs, sesame seeds, tarragon, garlic salt, and 1/8 teaspoon pepper; set aside.
4. In a second shallow dish, beat egg, water, salt, and dash of pepper; set aside.
5. Rinse chicken pieces and pat dry. Remove skin if desired. Dip each piece in egg mixture, then in cracker crumb mixture, turning to coat evenly. Place in an ungreased 13 x 9 x 2-inch baking pan. Drizzle oil over chicken.
6. Bake 1 hour or until chicken is no longer pink along bone and juices run clear.

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## Friday

### Red Beans and Rice

Makes 6 servings

- 3 cups water
- 1 cup dried kidney beans (8 ounces)
- 2 ounces salt pork (with rind), diced, or 3 slices bacon, cut up
- 1 medium onion, chopped (1/2 cup)
- 1 medium green bell pepper, chopped (1 cup)
- 1 cup uncooked regular long-grain rice
- 1 teaspoon salt

Heat water and beans to boiling in 3-quart saucepan. Boil uncovered 2 minutes; reduce heat. Cover and simmer 1 to 1 1/4 hours or until tender (do not boil or beans will burst). Drain beans, reserving liquid; set aside.

Cook salt pork in 10-inch skillet over medium heat, stirring occasionally, until crisp. Stir in onion and bell pepper. Cook, stirring occasionally, until onion is tender. Add enough water to bean liquid, if necessary, to measure 2 cups. Add bean liquid, salt pork mixture, rice and salt to beans in 3-quart saucepan. Heat to boiling, stirring once or twice; reduce heat. Cover and simmer 14 minutes (do not lift cover or stir); remove from heat. Fluff with fork. Cover and let steam 5 to 10 minutes.

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## Saturday

### Homemade Noodles with Chicken

Makes 6 servings

Noodles:

1 cup flour

1 egg lightly beaten

2 1/2 tablespoons milk

\* Part two.

2 1/2 cups chicken broth

2 1/2 cups milk

1/2 teaspoon sage dried leaf, crushed

1/4 teaspoon basil dried, crushed

1/4 teaspoon thyme dried, crushed

1 1/2 teaspoons salt

Freshly ground pepper to taste

6 tablespoons flour

1/2 cup water

3 cups chicken cubed cooked

Paprika

Parsley Minced fresh

Combine flour, egg, and enough milk to make a dough; it will be stiff. Form into a ball; do not knead. Divide into 2 parts. Roll each part on a floured surface until very thin. With a very sharp knife, cut into 1/2 -inch wide strips. Allow to dry 30 to 60 minutes. Boil noodles in salted water for 9 to 12 minutes or until tender. Drain. While noodles are drying, prepare Chicken Sauce.

Chicken Sauce:

\*Combine chicken stock, milk, herbs, and spices in a large saucepan; bring to boil.

Combine flour and water; blend in some of hot mixture. Return to chicken stock mixture, stirring constantly. Bring to boil and cook until thickened. Add chicken and noodles; heat through. Before serving dust with paprika and garnish with parsley.