

Angel Food Menus – Week 4 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

fresh basil – 1/4 cup
garlic cloves – 6
onions – 3 + 1/3 cup + 1/4 cup
green bell peppers – 1 + 1/3 cup + 1/4 cup
fresh parsley – 2 tablespoons
celery – 1/3 cup
fresh mushrooms – 1/4 pound

[Beverages]

tomato juice – 2 1/2 cups

[Bakery and Bread]

cracker crumbs – 1/2 cup
dry bread crumbs – 1 cup

[General Grocery] Cooking and Baking

vegetable oil – 1 teaspoon + 1/4 cup
cayenne pepper – 1/8 teaspoon + 1/8
teaspoon, dash black pepper + freshly
ground pepper to taste
sesame seeds – 2 tablespoons
tarragon – 1/2 teaspoon
garlic salt – 1/4 teaspoon
salt – 4 1/8 teaspoons + 1/2 teaspoon + to
taste
flour – 1 cup + 6 tablespoons
sage – 1/2 teaspoon
basil – 1/4 teaspoon
thyme – 3/4 teaspoon
paprika
chili powder – 1/4 cup
oregano – 2 teaspoons
cumin – 1 1/2 teaspoons

[General Grocery] Condiments and Sauces

mayonnaise – 1/3 cup

[General Grocery] Dry Food and Mixes

uncooked regular long-grain rice – 1 cup
quick-cooking tapioca – 1/3 cup
vermouth – 1/4 cup
hot rice

[General Grocery] Canned and Bottled

chicken broth – 2 3/4 cups + 1/2 cup
kidney beans – 1 cup
whole tomatoes – 1 can (16 ounces)
tomato sauce – 2 cans (8 ounces each)
chili beans – 2 cans (15 ounces each)
evaporated milk – 1 cup
cream of mushroom soup – 3 cans (10 1/2
ounces each)
water chestnuts – 1 can (5 ounces)

[Dairy]

eggs – 8
milk – 2 1/2 tablespoons + 2 1/2 cups
American cheese – 1/2 pound
butter or margarine – 1/2 cup

[Frozen]

frozen broccoli spears – 2 packages (10
ounces each)

[Meat and Poultry]

lean pork tenderloin – 3/4 pound
chicken drumsticks – 4 + 3 cups cooked
chicken + 3 chicken breasts halved
salt pork – 2 ounces (or 3 slices bacon)
ground beef – 3 pounds
ham – 2 cups