

Angel Food Menus – Week 1 Of January

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 Con Carne

Makes 10 servings

- 4 pounds ground beef
- 3 tablespoons vegetable shortening
- 2 cups onions, chopped
- 2 cloves garlic, crushed
- 4 tablespoons chili powder
- 3 cubes beef bouillon, crushed
- 1 1/2 teaspoons paprika
- 1 teaspoon oregano
- 1 teaspoon cumin, ground
- 1/2 teaspoon cayenne pepper
- 1/2 cup beef stock base
- 1 28-ounce can tomatoes
- 1 8-ounce can tomato paste
- 4 1-pound cans kidney beans

Heat shortening in skillet and brown beef, discard fat, combine all ingredients in removable liner, stirring well. Place liner in base. Cover and cook on LOW 8-10 hours; HIGH 4-5 hours or AUTO 6-7 hours.

Angel Food Menus – Week 1 Of January

By www.HillbillyHousewife.com

Monday

Blackened Chicken

Makes 8 servings

8 boneless skinless chicken breast halves
2 tablespoons salt
1 1/2 tablespoons garlic powder
1 1/2 tablespoons ground black pepper
1 tablespoon white peppers
1 tablespoon onion powder
1 tablespoon ground cumin
1/2 tablespoon cayenne pepper
1/2 tablespoon paprika
1 1/2 cups butter, melted

1. Pound chicken breasts to about 1/3-inch thick.
2. Completely mix the seasoning mix ingredients in a small bowl.
3. Just before cooking each piece of chicken, dip it in the melted butter so that both sides are well coated, then sprinkle each fillet evenly with the seasoning mix, using about a rounded 1/2 teaspoon on each, and patting it in with your hands. Immediately place the fillet in a hot skillet, making sure all meat folds are opened up and the meat is lying flat. Pour about 1 teaspoon butter on the top of the fillet. If you cook more than 1 fillet at a time, place each fillet in the skillet before buttering and seasoning another one.
4. Cook uncovered over the same high heat until the underside forms a crust, about 2 minutes. Turn the fillets over and pour about 1 teaspoon more melted butter on top of each. Cook just until meat is cooked through, about 2 minutes more.
5. Serve the chicken fillets crustier side up while piping hot. Clean the skillet after cooking each batch and repeat the blackening procedure with the remaining chicken fillets.

Angel Food Menus – Week 1 Of January

By www.HillbillyHousewife.com

Tuesday

Macaroni and Cheese Dinner Entrée

Makes 4 servings

1 2-pound package macaroni and cheese dinner entree

Prepare macaroni and cheese dinner entree as directed on package.

Angel Food Menus – Week 1 Of January

By www.HillbillyHousewife.com

Wednesday

Roast of Beef

Makes 4 servings

3 pounds beef chuck pot roast, brisket rump or pot roast
3 potatoes, pared and thinly sliced
3 carrots, pared and thinly sliced
2 onions, peeled and sliced
1 1/2 teaspoons salt
1/2 teaspoon black pepper
1/2 cup beef broth or water

Brown meat in a skillet. Meanwhile, put vegetables in bottom of the crock pot. Salt & pepper the meat after browning and then put on top of veggies in pot. Add liquid. Cover and cook on LOW for 10 - 12 hours, HIGH 5 - 6 hours. Remove meat and veggies with slotted spoon or spatula and thicken juices for gravy. Prepare a smooth paste of 1/2 c. flour and 1/2 c. water. Pour it into the juices in the pot, stirring well. Turn pot on HIGH; when it comes to a boil, stir well and it is ready. May take about 15 mins. for juice to come to a boil. This is just enough time for your roast to 'rest' before slicing.

TO MAKE THE ROAST WITHOUT THE VEGGIES, Lightly flour and season the meat with salt and pepper. Brown in a heavy skillet. Place in crock pot with a packet of onion soup mix or beefy mushroom soup mix, adding 1/2 c. water when soup mix is used, or add 1 can Campbell's French Onion Soup or Beefy Mushroom Soup or Golden Mushroom Soup or Creamy Onion Soup, adding just 1/4 c. water with the canned soups. Cover roast and cook on LOW for 10 hours, or on HIGH for 5 - 6 hours. Make gravy as directed for W/veggies. For 1 1/2 pound roast, reduce cooking time by half.

Angel Food Menus – Week 1 Of January

By www.HillbillyHousewife.com

Thursday

Chicken and Dumplings

Makes 6 servings

- 1 cup all-purpose flour
- 2 broiler-fryer chicken (about 3 pounds each), cut up
- 2 tablespoons vegetable oil
- 3 ribs celery, cut into 1-inch pieces
- 3 medium carrots, cut into 1-inch pieces
- 1/4 cup chopped fresh parsley
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1/2 teaspoon pepper
- 8 to 12 cups water
- DUMPLINGS:**
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 eggs, beaten
- GRAVY:**
- 1/4 cup all-purpose flour
- 1/2 cup water

Place flour in a bowl or bag; add the chicken pieces and dredge or shake to coat. In a large skillet, brown chicken in oil; drain. Place in an 8-qt. Dutch oven. Add celery, carrots, parsley and seasonings. Add enough water to cover chicken; bring to a boil. Reduce heat; cover and simmer until chicken is almost tender, about 45-50 minutes. Remove 1 cup of broth to use for dumplings; cool, then add flour, baking powder and eggs. Mix well to form a stiff batter; drop by tablespoonfuls into simmering broth. Cover and simmer for 15-20 minutes. Remove chicken and dumplings to a serving dish and keep warm. For gravy, remove 4 cups broth and vegetables to a large saucepan; bring to a boil. Combine flour and water; mix well. Stir into vegetable mixture. Cook over medium heat, stirring constantly, until thickened and bubbly. Pour over chicken and dumplings. Serve immediately. Editor's Note: Any remaining chicken broth can be frozen for future use.

Angel Food Menus – Week 1 Of January

By www.HillbillyHousewife.com

Friday

Farmhouse Pork and Apple Pie

Makes 10 servings

- 1 pound sliced bacon, cut into 2-inch pieces
- 3 medium onions, chopped
- 3 pounds boneless pork , cubed
- 3/4 cup all-purpose flour
- Vegetable oil, optional
- 3 tart apples, peeled and chopped
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup apple cider
- 1/2 cup water
- 4 medium potatoes, peeled and cubed
- 1/2 cup milk
- 5 tablespoons butter or margarine, divided
- Additional salt and pepper
- Snipped fresh parsley, optional

Cook bacon in an ovenproof 12-in. skillet until crisp. Remove with a slotted spoon to paper towels to drain. In drippings, sauté onions until tender; remove with a slotted spoon and set aside. Dust pork lightly with flour. Brown a third at a time in drippings, adding oil if needed. Remove from the heat and drain. To pork, add bacon, onions, apples, sage, nutmeg, salt and pepper. Stir in cider and water. Cover and bake at 325° for 2 hours or until pork is tender. In a saucepan, cook potatoes in boiling water until tender. Drain and mash with milk and 3 tablespoons butter. Add salt and pepper to taste. Remove skillet from the oven and spread potatoes over pork mixture. Melt remaining butter; brush over potatoes. Broil 6 in. from the heat for 5 minutes or until topping is browned. Sprinkle with parsley if desired.

Angel Food Menus – Week 1 Of January

By www.HillbillyHousewife.com

Saturday

Stuffed Green Peppers

Makes 4 servings

- 1/3 cup uncooked regular long-grain white rice
- 2/3 cup water
- 4 large green bell peppers
- 1 pound ground beef
- 1/4 cup chopped celery
- 2 tablespoons chopped onions
- 1/2 teaspoon salt
- Dash pepper
- 1/4 cup ketchup
- 1 medium tomato, chopped
- 1 (8-ounce) can tomato sauce
- 1 teaspoon sugar
- 1/4 teaspoon dried basil leaves
- 1 ounce (1/4 cup) shredded cheddar cheese

1. Cook rice in water as directed on package.
2. Meanwhile, heat oven to 350°F. Cut tops from bell peppers; remove membrane and seeds. In large saucepan, bring enough water to cover peppers to a boil. Add peppers; cook over medium heat for 5 minutes. Drain; set peppers aside.
3. In large skillet, combine ground beef, celery and onion; cook 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently. Drain.
4. Add cooked rice, salt, pepper, ketchup and tomato; mix well. Spoon mixture into peppers. Place peppers in ungreased shallow baking pan.
5. In small bowl, combine tomato sauce, sugar and basil; mix well. Spoon half of sauce over peppers.
6. Bake at 350°F. for 30 to 40 minutes or until peppers are tender, spooning remaining sauce over peppers and sprinkling with cheese during last 5 minutes of baking.