

# Angel Food Menus – Week 1 Of January Shopping List

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/>

## **[Fresh Produce] Fruits and Vegetables**

onions – 2 cups + 2 tablespoons + 5 medium  
celery – 3 ribs + 1/4 cup  
garlic cloves – 2  
white peppers – 1 tablespoon  
potatoes – 7  
carrots – 6  
fresh parsley – 1/4 cup  
tart apples – 3  
green bell peppers – 4  
tomatoes – 1

## **[Beverages]**

apple cider – 1 cup

## **[General Grocery] Cooking and Baking**

vegetable shortening – 3 tablespoons  
chili powder – 4 tablespoons  
beef bouillon – 3 cubes  
paprika – 2 teaspoons  
oregano – 1 teaspoon  
cumin – 2 teaspoons  
cayenne pepper – 1 teaspoon  
beef stock base – 1/2 cup  
salt – 2 tablespoons + 5 teaspoons  
garlic powder – 1 1/2 tablespoons + 1  
teaspoon  
pepper – 1 1/2 tablespoons + 1 1/4  
teaspoons  
onion powder – 1 tablespoon  
flour – 4 cups  
thyme – 1 teaspoon  
baking powder – 2 teaspoons  
vegetable oil  
sage – 1 teaspoon  
nutmeg – 1/2 teaspoon  
sugar – 1 teaspoon

basil leaves – 1/4 teaspoon

## **[General Grocery] Condiments and Sauces**

ketchup – 1/4 cup

## **[General Grocery] Dry Food and Mixes**

long-grain white rice – 1/3 cup

## **[General Grocery] Canned and Bottled**

tomatoes – 1 can (28 ounces)  
tomato paste – 1 can (8 ounces)  
kidney beans – 4 cans (1 pound each)  
beef broth – 1/2 cup  
Tomato sauce – 1 can (8 ounces)

## **[Dairy]**

butter – 1 1/2 cups + 5 tablespoons  
eggs – 2  
milk – 1/2 cup  
shredded cheddar cheese – 1/4 cup

## **[Frozen]**

macaroni & cheese dinner entrée – 1 (2  
pounds)

## **[Meat and Poultry]**

ground beef – 5 pounds  
boneless, skinless chicken breast halves – 8  
broiler-fryer chicken – 2 (about 3 pounds  
each)  
beef chuck pot roast – 3 pounds  
bacon – 1 pound  
boneless pork – 3 pounds