

Angel Food Menus – Week 2 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

Vegetable Lo Mein

Makes 8 servings

- 1 cup plus 2 Tbsp low-sodium chicken broth
- 2 cloves garlic, minced
- 1/4 cup minced scallion
- 2 teaspoons grated fresh ginger
- 2 peeled carrots, cut into 1/4-inch slices
- 3 stalks celery, cut on the diagonal into 1/4-inch slices
- 1/2 cup sliced mushrooms
- 1-1/2 cups broccoli florets
- 2 tablespoons dry sherry
- 1 tablespoon lite soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch
- 1/2 pound cooked thin spaghetti noodles

1. In a large skillet or wok, heat 2 Tbsp of broth. Add garlic, scallions, and ginger and stir-fry for 30 seconds.
2. Add carrots, celery, and mushrooms and stir-fry for 5 minutes. Add broccoli and 1/2 cup of broth, cover, and steam for 5 minutes.
3. In a small bowl, combine the remaining 1/2 cup of broth with sherry, soy sauce, and sesame oil. Add cornstarch and mix well.
4. Remove cover, and add cornstarch mixture. Cook for 1 minute more, until mixture thickens. Toss in cooked noodles and mix well. Serve.

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Monday

Tender Meatballs in Mushroom Gravy

Makes 6 servings

- 1 pound beef lean ground
- 4 bread slices
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon dried minced onion
- 1 can golden mushroom soup
- 1/3 cup water

Pull apart bread into small, dime-size pieces. Combine ground beef, bread, salt, pepper, and minced onion in a large mixing bowl. Using a spoon, scoop out rounds of meat mixture, or shape into several round, 2-inch balls by hand. Brown meatballs in a hot skillet using a small amount of butter or oil. Turn them occasionally so all sides are browned. Place meatballs in a crockpot. Add soup and water. Cook on low for 6 to 12 hours, high for up to 6 hours.

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Tuesday

Broccoli Chicken

Makes 2 servings

2 cups broccoli
2 boneless skinless chicken breast halves
1 green onion
1/4 teaspoon ginger
1/4 teaspoon garlic powder
2 tablespoons olive oil
1 egg
1/2 tablespoon sesame oil, to taste
1 teaspoon pepper, to taste
SAUCE:
2 tablespoons chicken broth
1/2 tablespoon splenda
1 teaspoon rice cooking wine
1 teaspoon cornstarch, mixed with water
1/2 teaspoon salt

1. Cut the broccoli into small pieces and steam them for a few minutes. Slice the chicken breasts and cut the green onion to 1-inch long pieces. Marinate the chicken pieces with egg white, cooking wine, cornstarch and 1 teaspoon vegetable oil. Let it sit for at least 20 minutes.
2. Heat the oil to 300° F and stir-fry the chicken pieces for a short time. Remove the chicken and drain the oil.
3. Heat 1/2 tablespoon olive oil to 250° F and add the chicken broth, and splenda. Stir until the mixture is boiling. Quickly add the cornstarch with water in and follow with the chicken and broccoli. Stir a little and add a little sesame oil and black pepper.

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Wednesday

Honey Ribs and Rice

Makes 4 servings

- 2 pounds pork baby back ribs, extra lean
- 1 can condensed beef consommé
- 1/2 cup water
- 2 tablespoons maple syrup
- 2 tablespoons honey
- 3 tablespoons soy sauce
- 2 tablespoons barbecue sauce
- 1/2 teaspoon dry mustard
- 1 1/2 cups quick cooking brown rice

If ribs are fat, place on broiler rack and broil for 15 to 20 minutes; drain well. Otherwise, wash ribs and pat dry. Cut ribs into single servings. Combine remaining ingredients, except rice in crockpot; stir to mix. Add ribs. Cover and cook on LOW for 6 to 8 hours, or HIGH for 3 to 4 hours. Remove ribs and keep warm. Turn crockpot to HIGH setting; add 1-1/2 cups quick cooking rice and cook until done.

Serve rice on warm platter surrounded by ribs.

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Thursday

Sloppy Joes

Makes 6 servings

- 1 1/2 pounds lean ground beef or turkey
- 2/3 cup onions, chopped
- 1/2 cup celery, chopped
- 1/2 cup green peppers, chopped
- 1/2 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt (optional)
- 1/8 teaspoon pepper
- 1 hamburger bun per serving

1. Microwave crumbled meat, onions, celery and green pepper on HIGH for 6 minutes, stirring twice. Drain.
2. Add rest of ingredients. Stir well.
3. Cover. Microwave on HIGH for 5-6 minutes until hot.
4. Stir. Spoon onto buns or crusty rolls.

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Friday

Party Chicken Fajitas

Makes 8 servings

- 1 1/2 teaspoons oils
- 1 pound boneless skinless chicken breast halves, cut into 1/2-inch strips
- 1/2 large onion, sliced
- 1/2 large red bell pepper, sliced
- 1/2 teaspoon chili powder
- 2 tablespoons lime juice
- 8 (8 to 10-inch) flour tortillas
- 1 cup shredded lettuce
- 1/2 large tomato, chopped
- 1/2 cup salsa
- 1/2 cup guacamole

1. Heat oil in large skillet over medium-high heat until hot. Add chicken, onion and bell pepper; cook and stir 8 to 10 minutes or until chicken is no longer pink. Stir in chili powder and lime juice.
2. Spoon about 1/2 cup chicken mixture down center of each tortilla. Top each with lettuce, tomato, salsa and guacamole; roll up.

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Saturday

Breaded Pork Chops

Makes 4 servings

2 tablespoons all-purpose flour
1/2 teaspoon salt
1/2 teaspoon paprika
1/8 teaspoon pepper
1 egg, slightly beaten
1 to 2 teaspoons Worcestershire sauce
1/2 cup unseasoned dry bread crumbs
4 boneless pork loin chops
2 tablespoons vegetable oil

1. In small bowl, combine flour, salt, paprika and pepper; mix well. In another small bowl, combine egg and Worcestershire sauce. Coat pork chops with seasoned flour; dip in egg mixture and coat with crumbs.
2. In large skillet, heat oil over medium-high heat until hot. Add chops; cook until browned on both sides. Reduce heat to medium; cook 5 to 7 minutes or until pork is no longer pink in center.