

Angel Food Menus – Week 2 Of January 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

garlic cloves – 2
scallions – 1/4 cup
fresh ginger – 2 teaspoons
carrots – 2
celery – 3 stalks + 1/2 cup
mushrooms – 1/2 cup
broccoli – 3 1/2 cups
onions – 2/3 cup + 1/2 of large + 1 green
green peppers – 1/2 cup
red bell peppers – 1/2 of large
lettuce – 1 cup shredded
tomatoes – 1

[Bakery and Bread]

bread slices – 4
hamburger bun – 1 per serving
flour tortillas – 8 (8 to 10 inch)
unseasoned dry bread crumbs – 1/2 cup

[Beverages]

dry sherry – 2 tablespoons
lime juice – 2 tablespoons

[General Grocery] Cooking and Baking

sesame oil – 1 teaspoon
cornstarch – 1 tablespoon + 1 teaspoon
salt – 1 3/4 teaspoons + 1/2 teaspoon
pepper – 1 1/2 teaspoons
dried minced onion – 1 tablespoon
ginger – 1/4 teaspoon
garlic powder – 1/4 teaspoon
olive oil – 2 tablespoons
sesame oil – 1/2 tablespoon
splenda – 1/2 tablespoon
rice cooking wine – 1 teaspoon
dry mustard – 1/2 teaspoon
oils – 1 1/2 teaspoons
chili powder – 1/2 teaspoon

flour – 2 tablespoons
paprika – 1/2 teaspoon
vegetable oil – 2 tablespoons

[General Grocery] Condiments and Sauces

lite soy sauce – 1 tablespoon + 3 tablespoons
chicken broth – 2 tablespoons
maple syrup – 2 tablespoons
honey – 2 tablespoons
barbecue sauce – 2 tablespoons
Worcestershire sauce – 1 tablespoon + 1 to 2
teaspoons
ketchup – 1/2 cup

[General Grocery] Dry Food and Mixes

thin spaghetti noodles – 1/2 pound
quick cooking brown rice – 1 1/2 cups

[General Grocery] Canned and Bottled

low-sodium chicken broth – 1 cup + 2
tablespoons
mushroom soup – 1 can
condensed beef consommé – 1 can
salsa – 1/2 cup
guacamole – 1/2 cup

[Dairy]

eggs – 2

[Meat and Poultry]

lean ground beef – 2 pounds (1 pound may be
substituted with ground turkey)
boneless skinless chicken breast halves – 2 + 1
pound
extra lean pork baby back ribs – 2 pounds
boneless pork loin chops – 4