

Angel Food Menus – Week 3 Of January

By www.HillbillyHousewife.com

Sunday

Pepper Corned Beef Hash

Makes 4 servings

- 1 tablespoon oils
- 2 cups cubed cooked corned beef *
- 2 cups frozen hash brown potatoes
- 1/2 cup chopped green bell peppers
- 1/2 cup chopped red bell peppers
- 1/2 cup chopped onions
- 1/4 teaspoon pepper

1. Heat oil in large nonstick skillet over medium heat until hot. Add all remaining ingredients; mix well.
2. Cook 10 to 15 minutes or until bell peppers are tender and mixture is thoroughly heated, stirring occasionally.

TIP:*One 12-oz. can corned beef, cubed, can be substituted for the corned beef.

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Monday

Shredded Pork Tacos

Makes 12 servings

SHREDDED PORK

- 1 1/2 pounds boneless pork roast
- 1 cup chopped onions
- 1 (16-ounce) can whole tomatoes, undrained, cut up
- 2 to 3 jalapeno chiles, seeded, chopped
- 1 ancho chili, cut into pieces
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Water

TACOS

- 12 crisp corn taco shells
- 1 cup shredded lettuce
- 4 ounces (1 cup) shredded cheddar cheese
- 1/2 cup chopped seeded tomatoes
- 1/2 cup sour cream
- 1 avocado, peeled, chopped

1. In large saucepan, combine all shredded pork ingredients with enough water to cover pork. Cover; cook over medium-high heat until mixture comes to a boil, stirring occasionally. Reduce heat to medium; cook 1 to 1 1/2 hours or until pork is fork-tender, stirring occasionally and adding water if needed.
2. Remove pork from liquid; reserve liquid. Strain cooked vegetables from cooking liquid; reserve vegetables and liquid. Cool pork for 15 minutes or until easy to handle. To shred pork, using 2 forks, pull pork apart along the grain of the meat.
3. In medium saucepan, combine shredded pork, all of the reserved cooked vegetables and 2 tablespoons of the reserved cooking liquid; mix well.* Cook over medium heat for 4 to 5 minutes or until thoroughly heated, stirring occasionally.
4. To assemble tacos, layer lettuce, cheese, warm shredded pork, tomato, sour cream and avocado into taco shells.

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Tuesday

Fettuccine with Breaded Chicken

Makes 4 servings

- 1 pound breaded chicken fillets
- 12 ounces uncooked fettuccine pasta
- 3/4 cup butter
- 1 cup whipping cream
- 1/4 teaspoon white peppers
- 1 1/4 cups grated parmesan cheese
- 2 teaspoons chopped fresh parsley, if desired
- 1/4 teaspoon nutmeg, if desired

1. Prepare breaded chicken fillets as directed on package.
2. Cook fettuccine to desired doneness as directed on package. Drain; cover to keep warm.
3. Meanwhile, melt butter in 6-quart Dutch oven over low heat. Stir in cream and pepper. Cook about 5 minutes or until mixture thickens slightly, stirring frequently.
4. Stir in Parmesan cheese; cook over low heat just until cheese is melted, stirring constantly. Immediately stir in cooked fettuccine; toss to coat with sauce. Stir in parsley and nutmeg. If sauce begins to separate, stir in a little more cream and cook over low heat until smooth.
5. Slice chicken fillets and lay over top of fettuccine.

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Wednesday

Busy Day Casserole

Makes 4 servings

- 1 onion medium chopped
- 1 green bell pepper chopped
- 2 tablespoons vegetable oil
- 1 pound ground beef extra-lean
- 1 1-pound can tomatoes
- 2 cups water
- 2 cups egg noodles uncooked
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper freshly ground
- 1 8-ounce can corn whole kernel corn, drained
- 1 4 1/2-ounce can mushrooms drained
- 1/2 cup olives sliced pitted, drained
- 1/4 cup parmesan cheese grated

1. In a large skillet, sauté onion and green pepper in vegetable oil until tender.
2. Add meat and brown. Drain off excess grease.
3. Add tomatoes, water, noodles, and seasonings; stir to moisten noodles. Cover, bring to boil, and reduce heat.
4. Simmer 30 minutes or until noodles are tender.
5. Stir in corn, mushrooms, and optional olives. Heat thoroughly.
6. Serve sprinkled with Parmesan cheese.

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Thursday

Spinach Gnocchi

Makes 3 servings

- 1/2 cup all-purpose flour
- 1 (9-ounce) package frozen spinach in a pouch, thawed, squeezed to drain
- 1 cup mashed potatoes
- 3/4 cup soft bread crumbs
- 1 egg
- 1/4 teaspoon grated Parmesan cheese
- 1/8 teaspoon white peppers
- 1/8 teaspoon nutmeg
- 1 1/2 cups spaghetti sauce

1. In large bowl, combine flour and all ingredients except spaghetti sauce. Mix until mixture forms a smooth dough. Divide dough into quarters. Form each quarter into log 3/4 inch thick and 12 inches long. Cut each log into 1-inch pieces. If necessary, roll pieces lightly in additional flour to keep from sticking.
2. Heat oven to 325°F. Grease 12x8-inch (2-quart) baking dish. In large saucepan, bring 4 cups water to a boil. Reduce heat to low; drop dough pieces, a few at a time, into simmering water. Cook 4 minutes. Remove gnocchi with slotted spoon; place in greased baking dish. Repeat with remaining dough pieces.
3. Bake at 325°F. for 20 to 25 minutes or until thoroughly heated.
4. Meanwhile, heat spaghetti sauce. Serve sauce over gnocchi.

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Friday

Oven Chicken Cordon Bleu

Makes 4 servings

- 4 boneless skinless chicken breast halves
- 2 teaspoons Dijon style mustard
- 4 teaspoons chopped fresh chives
- 4 very thin slices cooked ham (about 3/4 ounce each)
- 4 very thin slices Swiss cheese (about 3/4 ounce each)
- 1 egg white
- 1 tablespoon water
- 1/3 cup cornflakes crumbs
- 1/4 teaspoon paprika

1. Heat oven to 375°F. Spray 8-inch square (2-quart) baking dish with nonstick cooking spray. Place 1 chicken breast half between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wrap. Repeat with remaining chicken breast halves.
2. Spread each chicken breast half with 1/2 teaspoon mustard; sprinkle each with 1 teaspoon chives. Cut ham and cheese slices to fit chicken. Top each chicken breast half with ham and cheese slice. Roll up, tucking ends inside.
3. In shallow bowl, combine egg white and water; beat slightly. Place corn flake crumbs in shallow dish. Coat chicken rolls with egg white mixture; roll in crumbs. Place in sprayed baking dish; sprinkle with paprika.
4. Bake at 375°F. for 25 to 30 minutes or until chicken is fork-tender and juices run clear.

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Saturday

Twenty Minute Cassoulet

Makes 8 servings

- 1 pound smoked kielbasa sausages or turkey sausage, cut in half lengthwise, sliced
- 1 cup sliced celery
- 1/2 cup chopped onions
- 2 garlic cloves, minced
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon dried rosemary leaves, crushed
- 2 (15 1/2-ounce) cans great northern beans, drained, rinsed
- 1 (15-ounce) can light red kidney beans, drained, rinsed
- 1 (14 1/2-ounce) can diced tomatoes, undrained
- 1 teaspoon brown sugar
- 1/4 cup sliced green onions

1. In nonstick Dutch oven or large saucepan, brown sausage over medium heat, stirring frequently. With slotted spoon, remove sausage; set aside.
2. Reserve 1/2 teaspoon drippings in Dutch oven. Add celery, onion, garlic, thyme and rosemary; cook and stir 5 minutes or until vegetables are crisp-tender.
3. Add cooked sausage and remaining ingredients except green onions. Bring to a boil. Reduce heat to low; cover and simmer 10 minutes or until thoroughly heated. Top each serving with sliced green onions.