

# Angel Food Menus – Week 3 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**

green bell peppers – 1/2 cup + 1  
red bell peppers – 1/2 cup  
onions – 2 cups + 1 + 1/4 cup green  
jalapeno chiles – 2 to 3  
ancho chili – 1  
shredded lettuce – 1 cup  
tomatoes – 1/2 cup  
avocado – 1  
white peppers – 3/8 teaspoon  
fresh parsley – 2 teaspoons  
potatoes – 1 cup mashed  
fresh chives – 4 teaspoons  
celery – 1 cup  
garlic cloves – 2

## **[Bakery and Bread]**

crisp corn taco shells – 12  
soft bread crumbs – 3/4 cup

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

oils – 1 tablespoon + 2 tablespoons vegetable oil  
pepper – 3/4 teaspoon  
salt – 1 1/2 teaspoons  
nutmeg – 3/8 teaspoon  
chili powder – 1 tablespoon  
flour – 1/2 cup  
paprika – 1/4 teaspoon  
thyme – 1/2 teaspoon  
rosemary – 1/2 teaspoon  
brown sugar – 1

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

Dijon style mustard – 2 teaspoons

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

fettuccine pasta – 12 ounces

egg noodles – 2 cups

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

whole tomatoes – 1 can (16 ounces) + 1 pound + 1  
can diced tomatoes (14 1/2 ounces)  
whole kernel corn – 1 can (8 ounces)  
mushrooms – 1 can (4 1/2 ounces)  
olives – 1/2 cup  
spaghetti sauce – 1 1/2 cups  
great northern beans – 2 cans (15 1/2 ounces each)  
light red kidney beans – 1 can (15 ounces)

## **[Dairy]**

shredded cheddar cheese – 1 cup  
sour cream – 1/2 cup  
butter – 3/4 cup  
whipping cream – 1 cup  
Parmesan cheese – 1 3/4 cups  
eggs – 1 + 1 egg white  
Swiss cheese – 4 very thin slices

## **[Frozen]**

hash brown potatoes – 2 cups frozen  
frozen spinach in a pouch – 1 package (9 ounces)

## **[Meat and Poultry]**

corned beef – 2 cups  
boneless pork roast – 1 1/2 pounds  
breaded chicken fillets – 1 pound  
extra lean ground beef – 1 pound  
boneless skinless chicken breast halves – 4  
ham – 4 very thin slices  
smoked kielbasa sausages or turkey sausage – 1  
pound

## **[Miscellaneous]**

cornflakes crumbs – 1/3 cup