

# Angel Food Menus – Week 4 Of January

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/>

## Sunday

### Beef Stew

- 2 pounds boneless beef chuck or stew meat cut in 1" cubes
- 1/4 cup flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 1/2 cups beef broth
- 1 teaspoon Worcestershire sauce
- 1 garlic clove, minced
- 1 bay leaf
- 1 teaspoon paprika
- 4 carrots sliced
- 3 potatoes diced
- 2 onions chopped
- 1 celery stalk, sliced
- 2 teaspoons kitchen bouquet (optional)

Place meat in crock pot. Mix flour, salt and pepper and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on LOW (200 degrees) for 10 to 12 hours, or HIGH (300 degrees) for 4 to 6 hours. Stir stew thoroughly before serving.

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## Monday

### Crazy Chicken

Makes 3 servings

6 chicken thighs small  
3/4 cup apple jelly  
3/4 teaspoon dry mustard  
3/4 teaspoon salt  
1/8 teaspoon black pepper  
1 12-ounce can of cherry cola

Remove skin from chicken thighs; rinse thighs and pat dry. Place in a 10-inch skillet; set aside.

In a medium bowl, stir jelly, dry mustard, salt and pepper until blended. Slowly stir in about 1 cup of the soda and mix well. Pour over chicken.

Cook chicken over high heat until mixture comes to a boil. Reduce heat to medium-high, cover and cook for 10 minutes. Baste thighs. Reduce heat to medium, cover and cook 15 minutes longer or until tender and no longer pink when cut along the bone, turning and basting several times. Add additional soda if sauce is too thick.

To serve, spoon sauce over thighs.

Serve with rice pilaf, Chinese pea pods and a fruit salad.

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## Tuesday

### Brats over Creamy Potatoes

Makes 6 servings

- 1 tablespoon vegetable oil
- 6 fully cooked bratwurst (1 to 1 1/2 pounds)
- 1 package Betty Crocker scalloped potatoes
- 1 3/4 cups hot water
- 2 to 3 tablespoons white vinegar
- Paprika, if desired

1. Heat oil in 10-inch skillet over medium heat. Cook bratwurst in oil, turning occasionally, until brown; drain.
2. Mix potatoes, sauce mix and water in same skillet. Heat to boiling; reduce heat. Cover and simmer about 20 minutes, stirring occasionally, until potatoes are tender.
3. Stir in vinegar; place bratwurst on potatoes. Cover and simmer about 5 minutes or until hot. Sprinkle with paprika.

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**Wednesday**

**Tuna Melt Pie**

Makes 6 servings

1 cup water  
3 eggs large  
3/4 cup buttermilk baking mix  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 6 1/2-ounce can tuna chunk white packed in water, drained and flaked  
4 to 6 ounces sharp cheddar cheese shredded (1 to 1 1/2 cups)  
1 cup peas thawed and drained

Preheat oven to 400°. Lightly grease a 9-inch deep-dish pie plate.

Place water, eggs, baking mix, salt, and pepper in a blender container. Cover and blend at high speed 15 seconds, scraping down sides after 10 seconds. Pour batter into pie plate. Sprinkle tuna, cheese, and peas over batter. Using a fork, gently press tuna, cheese, and peas into batter.

Bake 35 to 40 minutes until a knife inserted in center comes out clean. Let stand 5 minutes before serving.

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## Thursday

### Busy Day Skillet Dinner

Makes 4 servings

- 1 pound ground beef
- 1 onion medium chopped
- 1 16-ounce can tomatoes cut up
- 2 cups water
- 2 cups egg noodles uncooked
- 1 tablespoon chili powder
- 2 teaspoons beef bouillon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 8 1/2-ounce can corn whole kernel corn, drained
- 1 3 1/2-ounce can mushrooms sliced, drained
- 1/2 cup olives sliced (optional)
- Parmesan cheese grated

Brown ground beef in a deep heavy skillet or Dutch oven; add onion and cook until tender but not brown. Drain off excess fat. Add tomatoes with juice, water, noodles and seasonings; stir to moisten noodles. Cover; bring to a boil, then reduce heat and simmer for 15 minutes or until noodles are tender. Stir in corn, mushrooms and olives; heat thoroughly. Serve with Parmesan cheese.

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## Friday

### Pineapple Pork Chops

Makes 4 servings

4 pork chops 1/2 -inch thick  
1/4 teaspoon salt  
Dash black pepper  
2 to 3 tablespoons chili sauce  
4 onions 1/8 -inch thick  
1 tablespoon vegetable oil  
1 8-ounce can pineapple slices in own juice  
Vegetable oil Additional

Adjust oven rack 6 inches from heat source. Preheat broiler. Coat a broiler pan and rack with non-stick spray.

Slash fat on chops at 1-inch intervals to prevent curling. Brush both sides of chops with 1 tablespoon oil.

Broil for 8 minutes. Turn over. Sprinkle with salt and pepper. Brush with part of the chili sauce. Top each with an onion slice. Brush onion lightly with additional oil.

Drain pineapple, reserving juice. Place pineapple slices on broiler rack around chops. Broil chops and pineapple for 6 to 8 minutes or until pork is no longer pink along bone and is a light grey.

Place one pineapple slice on each onion slice. Baste with a small amount of reserved pineapple juice. Brush with chili sauce and serve.

Serve with seasoned rice or canned sweet potatoes and broccoli spears.

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## Saturday

### Pizza Burgers

Makes 4 servings

- 1 pound ground beef
- 1 8-ounce can tomato sauce
- 1/4 cup pepperoni chopped (about 1 1/2 oz.)
- 3/4 teaspoon Italian seasoning dried crushed
- 1/2 cup mozzarella cheese shredded
- 4 hamburger buns

Adjust oven rack 6 inches from heat source. Preheat broiler. Coat a broiler pan and rack with non-stick spray.

In a medium bowl, mix ground beef, 1/2 cup of the tomato sauce, pepperoni and 1/2 teaspoon of the Italian herbs until well blended. Shape mixture into four patties, each about 3/8 inch thick. Stir remaining 1/4 teaspoon Italian herbs into remaining 1/2 cup tomato sauce; set aside.

Broil patties for 7 minutes or until almost desired doneness (do not turn over). Top patties with remaining 1/2 cup tomato sauce and sprinkle with cheese. Broil 1 to 2 minutes longer or until cheese melts.

Serve on hamburger buns.