

Angel Food Menus – Week 4 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

carrots – 4
potatoes – 3
onions – 7
celery – 1 stalk
garlic cloves – 1

[Bakery and Bread]

hamburger buns – 4

[Beverages]

cherry cola – 1 can (12 ounces)

[General Grocery] Cooking and Baking

flour – 1/4 cup
salt – 3 3/4 teaspoons
pepper – 1 1/8 teaspoons + dash
bay leaves – 1
paprika – 1 teaspoon
kitchen bouquet – 2 teaspoons
dry mustard – 3/4 teaspoon
vegetable oil – 2 tablespoons + additional
paprika – optional
chili powder – 1 tablespoon
beef bouillon – 2 teaspoons
dried Italian seasoning – 3/4 teaspoon

[General Grocery] Condiments and Sauces

Worcestershire sauce – 1 teaspoon
apple jelly – 3/4 cup
chili sauce – 2 to 3 tablespoons

[General Grocery] Dry Food and Mixes

Betty Crocker scalloped potatoes – 1 package
buttermilk baking mix – 3/4 cup
egg noodles – 2 cups

[General Grocery] Canned and Bottled

beef broth – 1 1/2 cups
white wine vinegar – 2 to 3 tablespoons
white chunk tuna in water – 1 can (6 1/2 ounces)
peas – 1 cup
tomatoes – 1 can (16 ounces)
whole kernel corn – 1 can (8 1/2 ounces)
mushrooms – 1 can (3 1/2 ounces)
olives – 1/2 cup (optional)
pineapple slices – 1 can (8 ounces)
tomato sauce – 1 can (8 ounces)

[Dairy]

eggs – 3
shredded sharp cheddar cheese – 1 to 1 1/2 cups
Parmesan cheese
pepperoni – 1/4 cup
shredded mozzarella cheese – 1/2 cup

[Meat and Poultry]

boneless beef chuck or stew meat – 2 pounds
chicken thighs – 6
bratwurst – 6 (1 to 1 1/2 pounds)
ground beef – 2 pounds
pork chops – 4