

Angel Food Ministries Meal Ideas – February 2010 Compliments of Shepherd of the Valley Lutheran Church

Lasagna with Meat Sauce

Follow directions. Serve with salad & garlic bread.

Boneless drumsticks & Spicy Chili French fries

Prepare drumsticks as instructed. Serve with Green Beans & French Fries

Spicy Chili French Fries

4 large russet potatoes, peeled and cut into 1/4 inch thick fries	
1/4 cup vegetable oil	1/4 c V-8 juice cocktail
1 tablespoon chili powder	1 teaspoon ground cumin
2 tsp dried onion granules	1 teaspoon garlic powder
1 teaspoon cayenne pepper	1 teaspoon white sugar
1 tablespoon salt	

Preheat an oven to 375 degrees F (190 degrees C). Grease a large baking sheet. Fill a large bowl with cold water, add the potatoes, and allow to soak for 10 minutes. Whisk together the oil, vegetable juice cocktail, chili powder, ground cumin, onion granules, garlic powder, cayenne pepper, sugar, and salt in a large bowl. Drain the potatoes, and pat dry with paper towels. Toss the potatoes with the oil and spice mixture; stir until evenly coated. Arrange fries in a single layer on the prepared baking sheet. Bake fries in preheated oven for 20 minutes. Turn and continue to bake until browned and crispy, about 20 additional minutes.

Slow Cooker German-Style Pork Roast with Sauerkraut and Potatoes

6 white potatoes, peeled and quartered	
1 tablespoon minced garlic	salt and pepper to taste
1 boneless pork loin roast	
1 (32 ounce) jar sauerkraut with liquid	

Place the potatoes, garlic, salt, and pepper in a slow cooker; stir to coat. Season the pork roast with salt and pepper; lay atop the potatoes. Pour the sauerkraut over the roast; sprinkle with caraway seeds, if desired. Cook in slow cooker on Low 8 to 10 hours.

Pan-Seared Steaks with Mushroom Gravy

2 pound boneless beef sirloin steak, cut into serving size pieces
1 TBL unsalted butter 2 cups sliced fresh mushrooms
1 TBL all-purpose flour 1 cup Swanson® Beef Stock

Season the steaks as desired. Cook the steaks in a 12-inch nonstick skillet over medium-high heat to desired doneness. Remove the steaks from the skillet. Do not pour off any fat. Heat the butter in the skillet. Add the mushrooms and cook until they're tender. Stir in the flour and cook for 1 minute. Gradually stir in the stock. Cook and stir until the mixture boils and thickens. Serve the mushroom gravy with the steaks. Serve with baked potatoes & lima beans.

Baked Parmesan-Crusted Chicken

3/4 cup butter 2 cloves garlic, minced
1 cup dry bread crumbs 1/3 cup grated Parmesan cheese
2 TBL chopped fresh thyme 2 TBL chopped fresh basil
2 TBL chopped fresh oregano 1/4 teaspoon pepper
1/2 teaspoon salt
2 lb skinless, boneless chicken breast halves

Preheat oven to 350 degrees F (175 degrees C). Melt the butter with the garlic in a saucepan over medium heat. When the butter starts to bubble, remove from the heat and allow to cool slightly. Stir the breadcrumbs together with the Parmesan cheese, thyme, basil, oregano, pepper, and salt in a bowl. Dip the chicken breasts in the butter, then press into the seasoned bread crumbs. Place the chicken into a 9x13 inch baking dish. Bake in the preheated oven until the chicken is golden brown and no longer pink in the center, 50 to 55 minutes.

Pasta with Meat Sauce

Brown & drain 1 pound of lean ground beef. Add pasta sauce. Cook pasta as desired. Serve with salad & garlic bread,