





The owners and managers of all your independently owned grocery stores would like to express our utmost thanks to all of our employees for their hard work and effort, as well as thank our community for the support of your local grocer.



Ingredients:

1 - 4-Lb. Beef Chuck Roast

Kosher Salt

Freshly Ground Black Pepper

1/3 cup all-purpose flour, plus more for coating

3 tablespoons olive oil

4 medium carrots, cut into 2-inch pieces

3 stalks celery, peeled and cut into 2-inch pieces

1 medium onion,

cut into 1/2-inch wedges

3 cloves garlic, mashed

3 tablespoons tomato paste

1 cup red wine

3 cups low-sodium beef broth

3 bay leaves

2 sprigs fresh thyme

1/2 teaspoon ground allspice

1/2 cup chopped parsley leaves, loosely packed

Directions:

Season the roast with salt and pepper, coat with flour, and brown it in oil on all sides for 8 minutes.

Place the roast in a slow cooker along with carrots, celery, onions, and garlic. In the same skillet, cook tomato paste, then whisk in flour, wine, beef broth, bay leaves, thyme, and spices.

Simmer until thickened. Pour the gravy into the slow cooker. Cover and cook on low for 8 hours until the roast and vegetables are tender. Let the roast rest, strain vegetables, and toss with parsley. Slice the roast, serve with vegetables and gravy.



GROCERY values



Cheetos, Fritos or Lay's Kettle **Cooked Snacks** Selected Varieties

Sun

Cottonelle

Cereal Selected Varieties 11 to 14.75 Oz.

Mission Flour Tortillas Soft Taco, 10 Count

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MISSION

Sun Chips Whole Grain Snacks

7.5 to 10 Oz.

Sun

PAM

Spray

Cooking

Starbucks

Hot Cocoa

Double Chocolate or Classic, 8 Count

Mix

Lysol

All Purpose

Cleaner

198

Doggy

Dollars

Dog Treats

Act II Pop Corn Butter Lovers or Movie Butter 6 Count

Wiley Wallaby

Licorice

Cream of Wheat Instant

CREAM WHEAT CREAM WHEAT

Hershey's

Zero Sugar

Candy

598

Hershey's

Share Size

7.2 to 10.8 Oz.

Purex

Laundry

598

Detergent Selected Varieties 75 Oz. Liquid

Candy Bags

Selected 5.1 Oz.

Guerrero King Size Corn Tortillas



Cottonelle **Bath Tissue** 6 Mega Rolls

Cottonelle 898

Kellogg's Giant Size Cereal Selected Varieties 19.2 to 29.5 Oz.

Corn Nuts

Corn Kernels

Crunchy

Lysol Toilet Bowl

Cleaner

3⁴⁸

Friskies

Party Mix

Cat Treats

24 Oz.

Muscle Milk **Protein Shake** or Vanilla

4⁴⁸

Promises Chocolate 6.74 to 7.61 Oz.

Swiss Miss Hot Cocoa Swiss in Mix

Dove

5000jn

Dove

Deodorant

5⁹⁸

Purina Beggin' Dog Treats



Purina **Little Bites** Dog Chow



 13^{98} Purina ONE Cat Food

Gain

Flings!

Detergent

Selected Varieties 42 Count

Beaver Brand

Horseradish

or Mustard

^{2/\$}3



Tide Pods or Laundry Detergent Selected Varieties 84 Oz. Liquid or 25 to 42 Count Pods







NATURAL & SPECIALTY

Amy's Entrées

Snapdragon Soup Bowls

or Ramen

2/\$4

Near East Rice Pilaf or Couscous Mix

Sun Luck

Selected Varieties

Sauces

6.75 to 15 Oz.

2/\$6



Seasoning

Mix Selected Varietie

.53 to 1.5 Oz.

4/\$5

Alessi

Soup Mix



Country

Archer Jerky Selected Varietie 2 to 2.5 Oz. **1**48



Cauliflower Pizza Selected Varieties 10 to 11.3 Oz. **7**98

Milton's



Kettle & Fire Broth Selected Var 16.9 Oz.

198



Kettle Brand Potato Chips Selected Varieties 4.25 to 5 Oz.

2/\$6



Novelties Selected Varietie 6 to 8 Count



FROZEN favorites

Marie Callender's Bowls Selected Varieties

Klondike

98

or Magnum Novelties

Birds Eye C&W Vegetables Selected Varieties 13 to 16 Oz.

Popsicle Novelties Selected Varietie

P.F. Chang's or Bertolli Entrées Selected Varieti 22 Oz.

Selected Varieties 16 Oz.

5⁹⁸

898 Ben & Jerry's Ice Cream





DAIRY fresh

Tillamook Greek Yogurt 5.3 Oz. 4/\$5

Kraft American Singles Original or Ultra Thick











URM-BASE_P2





Selected

Varieties

Selected

Varieties



Deli Fresh

Macaroni

& Cheese



Selected

Varieties

6 Count





Sliced Round

Selected Varieties

98

SEATTLE

SOURDOUGH

24 Oz.



London Broil









10.5 Oz.





