

Be-Lo FOODS

Sale thru July 4, 1987
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Be-Lo's Consumer Corner

By Marie Cox

Chicken Dinner in the Pot

- 2 CHICKEN BREASTS, SPLIT AND SKINNED
- 4 MEDIUM-SIZE POTATOES
- 2 LARGE CARROTS
- 1/2 POUND FRESH GREEN BEANS, OR 1 10-OUNCE PACKAGE FROZEN
- 1 LARGE ONION
- 1 TABLESPOON DRIED PARSLEY FLAKES
- FRESHLY GROUND BLACK PEPPER
- 1/2 CUP DRY SHERRY

Place chicken breasts in a large, heavy ovenware pot. (An enamel-coated cast-iron pot is best.) Peel potatoes, slice 1/2 inch thick and place on top of chicken.

Peel and quarter the onion. Peel carrots, quarter lengthwise, and cut into 2 inch lengths. Cut ends off the green beans, or separate frozen beans, and place in the pot with onions and carrots. Sprinkle contents of pot with parsley flakes. Season lightly with pepper. Pour sherry over all and cover tightly. Bake at 300°F. for 2 hours, or until vegetables are tender. A very good one-pot dinner. Children like it, too.

YIELD: 4 SERVINGS
APPROX. CAL/SERV.: 310



4th of July Cookout Special!

Fresh Lean Ground Beef



1 lb.

99¢

(3 lbs. or Larger. Package)

Bountiful Seafood

Pan Size Trout

1 lb. **\$1.39**

Tidewater's Favorite Flounder Fillet

1 lb. **\$2.29**

A Blend of Fish & Crabmeat Sealeg Supreme... 1 lb. **\$3.89**



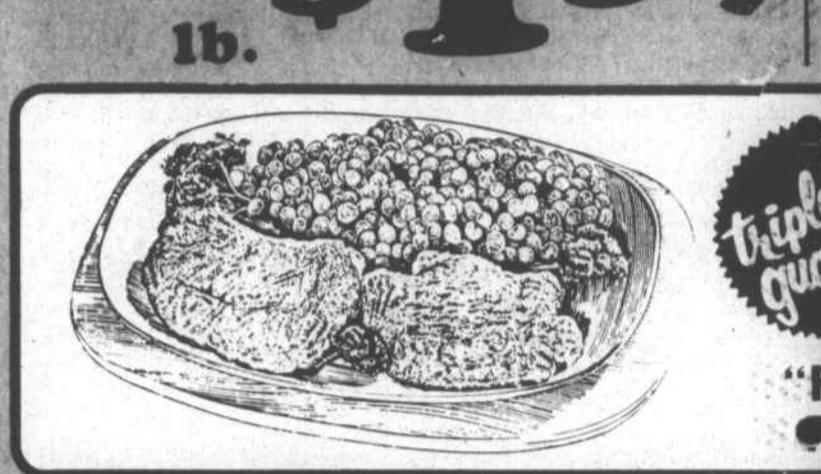
Invite Be-Lo To Outdoors This July Celebrate



Fresh Pure Lean Ground Chuck

3 lbs. or Lgr. Pkg.

1 lb. **\$1.39**



LOWEST PRICE? You Be The Judge!

Heavy Duty Trend Detergent

42 oz. Box

99¢

LOWEST PRICE? You Be The Judge!

Camellia Assorted Colors

Bath Tissue

4 Roll Pkg.

89¢

LOWEST PRICE? You Be The Judge!

Camellia

Absorbent Paper Towels

Large Rolls

2 For **\$1.**

FROZEN FOOD SALE

Assorted Mr. P's Pizza

9 oz. Pkg.

79¢

Hanover Peas, Mixed Vegetables

Golden Corn

1 lb. Pkg.

89¢

Banquet Fried Chicken

2 lb. Box

\$2.89

Chicken Breast Tenders... 9 oz. Box **\$2.19**

Chicken Breast Nuggets... 4 1/2 oz. Box **99¢**

Dawn Dew Fresh Produce You Can Trust

California Plums & Nectarines

1 lb. **79¢**

Orange Juice... 12 oz. Can **99¢**

Ore-Ida French Fries... 1 lb. Box **89¢**

Diet Rite, R.C. Diet Cherry or Reg. R.C. Cola

2 Ltr. Btl. **89¢**

Camellia Cola & Assorted Flavors

2 Ltr. Btl. **69¢**

Luscious North Carolina Blueberries

Pint **\$1.29**

Pepsi Cola & Pepsi Products

2 Liter **89¢**

Miller Hi-Life or Miller Lite 12-12 oz. Cans **\$5.29**

BeLo Potato Chips... 7 oz. Bag **89¢**

Utz Brand Corn Chips... 8 oz. Bag **79¢**

KRAFT Assorted BBQ Sauce

18 oz. Btl. **99¢**

Lighter Cooking Wesson Oil

38 oz. Btl. **\$1.89**

Hunt's Thick Tomato Sauce

15 oz. Cans **\$1.**

Hunt's Tomato Paste

6 oz. Cans **\$1.**

Valuable Coupon

Red Glo Catsup

1 Qt. Btl. **59¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru July 4, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon

Camellia Medium Towels

1 Doz. Ctn. **3.**

Limit one per customer with \$7.50 or more other purchases and this coupon. This Coupon is Good At All Be-Lo Food Stores.