

Be-Lo FOODS

Sale thru May 2, 1987
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Be-Lo's Consumer Corner

By Marie Cox

Fabulous Fiber

Wholegrain, Fruits & Vegetables

Bean Soup
8 Servings, about 1 cup each

Dry pea (navy) beans	1-1/2 cups
Boiling water	7 cups
Ham hock	1 small
Potato, pared	1 medium
Onion, chopped	1 cup
Celery, stalks and leaves, finely chopped	1 cup
Parsley, chopped	2 tablespoons
Garlic, finely chopped	1/2 clove
Salt	1/2 teaspoon
Pepper	1/8 teaspoon

Add beans to boiling water and boil 2 minutes. Cover and soak overnight in refrigerator.

Add ham hock and potato. Bring to boil, cover, and boil gently 1 hour.

Remove potato; mash with fork, stir into beans with remaining ingredients. Cook 1 hour longer.

Remove ham hock and separate meat from skin, fat, and bone. Cut meat into small pieces; add to soup.



Dairy Fresh
Borden's American Cheese Singles
\$1.59
12 oz. Pkg.

KRAFT
Grapefruit or Orange Juice
1/2 Gal. Btl.
\$1.79

Tropicana
Premium Pure Orange Juice
1/2 Gal. Ctn.
\$1.99

Sealtest Light'n Lively Cottage Cheese
24 oz. Cup
\$1.49

Boneless Chuck Roast
\$1.39
lb.
3 lbs. or Larger **Ground Chuck** lb. **\$1.39**

Boneless Chuck Steak
\$1.49
lb.
Boneless Stewing Beef lb. **\$1.69**

Local Favorite Pan Trout
\$1.29
lb.
Pan Sea Bass lb. **\$1.49**
Dressed Catfish lb. **\$1.69**
Tidewater Loves'em Flounder Fillet lb. **\$2.29**
Heat & Serve-Pre-Cooked Fish Sticks & Cakes lb. **\$1.29**

Fresh Bone-In Pork Steaks
\$1.29
lb.

Fresh Western Style Country Pork Ribs lb. **\$1.29**

Chef-Boy-Ar-Dee Ravioli
Mini, Beef or Cheese
15 oz. Can **79¢**

Kraft Assorted BBQ Sauce 18 oz. Btl. **99¢**
Assorted Raga Muffins 2 7 oz. Pkg. **79¢**
Stoneware Design-9 oz. Cold Cups or 9" Dixie Plates Pkg. **\$1.69**

Natural Light or Busch Beer
12 12 oz. Cans **\$4.39**
Garden of Eatin' Potato Chips 7 oz. Pkg. **99¢**

Camellia Sliced Bacon

Hot or Mild Sausage ...

Meat F...
1 lb. Pkg. **\$1.00**

Homemade Be-Lo Sausa

Jamestown Brand Bonus Pak

SMITHFIELD

SMITHFIELD BARBECUE
12 oz. Cup

Smithfield Ham Sausage ...

DIET PEPSI
2 Lt. Btl.

RC Cola
6-12 Oz. Cans

\$1.39

Empress Mackerel
15 oz. Cans
2 \$1.00
For

Slice & Eat Spam 12 oz. Can **\$1.39**

Breyer's Yogurt 2 8 oz. Ctn. **\$1.00**

Reg. Meat or Mushroom Prego Spag. Sauce
1 Qt. Jar **\$1.59**
Creamette Spaghetti or Elbow Macaroni
2 lb. Box **99¢**

Camellia Disposable Diapers
Med. (48 Ct.) Large (32 Ct.)
Each **\$5.99**
Tetley Tea Bags
100 Ct. Box **\$1.99**
French's "Bonus" Mustard 28 oz. Jar **89¢**

All Liquid Detergent
1/2 Gal. Jug **\$1.99**
Dish Detergent Dove Liquid
22 oz. Btl. **89¢**

BeLo Potato Chips
7 Oz. Bags **89¢**

Lifebuoy Bar Soap
4 3/4 oz. Bar **39¢**

Lux Soap
4 Bar Pkg. **99¢**

Valuable Coupon
Rinso Laundry Detergent
38 oz. Box **89¢**
Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru May 2, 1987. This Coupon is Good At All Be-Lo Food Stores.
Valuable Coupon

Valuable Coupon
Angel Soft Bathroom Tissue
4 Roll Pkg. **89¢**
Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru May 2, 1987. This Coupon is Good At All Be-Lo Food Stores.
Valuable Coupon