

Be-Lo FOODS

Sale thru May 9, 1987
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Not Responsible for Typographical Errors

Be-Lo's Consumer Corner

By Marie Cox

Italian Turkey Meatballs

Turkey Store Fresh Ground Turkey is 100% natural* turkey and extra lean. It's 95% fat-free, which means less grease and little shrinkage.

- | | |
|--------------------------------|-------------------------------|
| Fresh Ground Turkey | 1 pkg. (About 1 1/2 pounds) |
| Fine Dry Bread Crumbs | 1/2 cup |
| Parmesan Cheese | 1/4 cup, grated |
| Parsley | 1/4 cup, snipped |
| Egg | 1 |
| Dried Oregano and Basil Leaves | 1 1/2 teaspoons, each divided |
| Cooking Oil | 2 tablespoons |
| Whole Tomatoes | 1 can (16 ounces), cut up |
| Chicken Broth | 1 1/2 cups |
| Tomato Paste | 1 can (6 ounces) |
| Onion and Green Pepper | 1/2 cup, each chopped |
| Pimiento-Stuffed Green Olives | 1/4 cup, chopped |
| Garlic | 1 clove, minced |
| Sugar | 1 teaspoon |

Mix first 5 ingredients. 1/2 teaspoon oregano and 1/2 teaspoon basil. Shape into 1 1/2-inch meatballs. Saute in hot oil over medium-high heat in large saucepan until browned and no longer pink. Add all remaining ingredients to pan and bring to boil. Simmer, covered, until sauce is thickened, about 30 minutes. Salt and pepper to taste. Serve over hot, cooked spaghetti. 6 servings.

Dairy Fresh

Camellia Golden
Margarine
3 1 lb. Qtrs. **89¢**

Camellia
Biscuits 5 8 oz. Cans **\$1.00**

Fresh Sliced Pork
lb. **\$1.00**

Camellia
American Singles
12 oz. Pkg. **\$1.19**

Camellia Cream
Cheese 8 oz. Pkg. **89¢**

PET. Ice Cream
1/2 Gal. **\$1.99**

Tropicana Fresh Orange Juice
1/2 Gal. Jug **\$1.19**

WELCOME TO

"The New Lean Meat"
Meaty As Beef-Easy As
Fresh Breast
2-3 lb. Avg. **\$2.00**

95% Fat Free
55% white meat/
45% dark.
Extra Lean

Lean Meaty Ground Turkey
lb. **\$1.59**

Natural Flavoring-Fresh Breast Slices
Meaty As Beef
Breast Tenderloins

All The Flavor-Half Turkey Sausage
Mild Original Hot or
Mild Italian
Sloppy Joe Mix 1 lb. **\$1.00**
Mexican Style Roll

Camellia **Frozen Orange Juice**
12 oz. Can **89¢**

Gorton's Thrifty **Fish Sticks** 8 oz. Pkg. **\$1.29**

Camellia **Frozen Mixed Vegetables, Baby Limas**
Peas or Corn
1 lb. Pkg. **79¢**

FROZEN FOOD SALE

Banquet
Quality, Selection, Cost
Chicken, Turkey or
Beef Pot Pies
3 8 oz. Pkgs. **\$1.00**

TRUCKLOAD SALE!

Fries Up Crisp-Lean Sliced Bacon
1 lb. Pkg. **\$1.69**

Wise Potato Chips or Ridges
6 oz. Bag **89¢**

Frito Lay Corn Chips
11 oz. Bag **\$1.59**

Banquet
Quality, Selection, Cost
Chicken, Turkey or
Beef Pot Pies
3 8 oz. Pkgs. **\$1.00**

Turkey, Beef Patty
Chicken & Dumplings, Mac. & Cheese
Salisbury Steak 2 lb. Pkg. **\$1.69**
Chicken, Turkey Salisbury Steak
Meat Loaf 11 oz. Pkg. **99¢**
Dinner 2 lb. Box **\$2.89**
Save \$1.00-Assorted Styles
Fried Chicken 2 lb. Box **\$2.89**

Hot or Mild Sausage Roll
1 lb. Pkg. **\$1.29**

Hot or Mild Smoked Sausage
12 oz. Roll **\$1.69**

Mt. Dew, Lemon Lime Slice, Reg. or Diet Pepsi Cola
6 12 oz. Cans **\$1.89**

Diet Rite R.C. 100 R.C. Cola
2 Liter Btl. **89¢**

Camellia **Assorted Flavors & Cola**
2 Ltr. Btl. **69¢**

Breakfast Link Sausage
12 oz. Pkg. **\$1.49**

Smithfield Chunk **Braunschweiger** lb. **99¢**

Reg. or Light **Coor's Beer** 12 12 oz. Cans **\$5.99**

Bertie & Jaymes **Wine Coolers** 4 12 oz. Btls. **\$3.29**

Cheblis & Rose **Gallo Wines** 3 Ltr. Btl. **\$5.99**

Deli-licious Deli

Deli Sliced **Boiled Ham** lb. **\$1.99**
Ready To Eat
BBQ Sandwich Each **99¢**
2 Veggies, 2 Rolls or 4 Hashpuppies
Barbecue Plate Each **\$1.99**
"Hot To Go"
BBQ lb. **\$2.69** Deviled Eggs 4 Halves Per Tray **49¢**

Southern Fried Chicken
White & Dark Meat 8 Pk. Bucket **\$4.49** 20 Pk. Bucket **\$10.49**

Lotion Mild Sunlight Liquid Dish Detergent
12 oz. Btl. **79¢**

Heavy Duty Trend Laundry Detergent
42 oz. Box **99¢**

Valuable Coupon
Camellia
Chunky or Smooth
Peanut Butter
18 oz. Jar **99¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru May 8, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon
Camellia
Pure Vegetable
Shortening
3 lb. Can **99¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru May 8, 1987. This Coupon is Good At All Be-Lo Food Stores.