

EXCELLENT SAVINGS

Fresh, Boneless
U.S.D.A. Choice Beef
**New York
Strip Steak**

13⁹⁹
lb.



Bakery Fresh
**English
Toffee
Cookies**
12 Count Package
5⁹⁹



Fresh
Strawberries
1 lb. Package
3⁹⁹



Fresh
Seedless
**Red or
Green
Grapes**
2⁹⁹
lb.



Fresh, Boneless
**Center Cut
Pork Loin
Chops**
2⁹⁹
lb.



Frito Lay
**Lay's Potato or
Kettle Chips**
Selected Varieties
5-9.62 oz. Bag
2/\$6



Fresh in our Deli
**Oven Roasted
Whole Chicken**
Limit One Per Customer Please
8⁹⁹



**Creamette
Pasta**
Selected Varieties, 12-16 oz. Package
4/\$5



**Essential Everyday
Sliced Cheese**
Selected Varieties, 8 oz. Package
2/\$5



**Birds Eye
Steamfresh
Vegetables**
Selected Varieties, 10 oz. Package
3/\$4



**Jack's
Original Pizza**
Selected Varieties, 12.8-15.8 oz. Package
3/\$11

Sale Starts Sunday, September 14, 2023

SUN	MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19	20

STORE HOURS: Sunday 7am-10pm
Monday - Saturday 6am-10pm

DUE TO CURRENT MARKET CONDITIONS,
ALL ITEMS MAY NOT BE AVAILABLE AT OUR STORE.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

ALMSTED'S CANNOT BE HELD RESPONSIBLE
FOR TYPOGRAPHICAL OR PICTORIAL ERRORS.
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Almsted's
FRESH MARKET
Your Neighborhood Grocery Store

**2023
SIN
READER'S
CHOICE
Awards**
Best Independently Owned
Grocery Store

CRYSTAL
ALMSTED'S CRYSTAL
42nd & Douglas Drive, N.
(763) 537-4551
www.almstedsmarkets.com



Quality Meats



Fresh, Boneless
U.S.D.A. Choice Beef
Arm Cut Roast

7⁴⁹
lb.

Boneless Arm Cut Roast

Ingredients

- | | |
|--|---------------------------------------|
| 3 to 4 lb boneless arm roast | 1 large yellow onion, sliced |
| 2 tablespoons olive oil | 4 cloves garlic, smashed |
| 1 tablespoon kosher salt | 3 carrots, peeled and cut into chunks |
| 1 teaspoon black pepper | 3 celery stalks, cut into chunks |
| 1 tablespoon garlic powder | 2 cups beef broth |
| 1 tablespoon onion powder | |
| 1 teaspoon dried thyme | |
| 1 tablespoon Worcestershire sauce | |
| 1 teaspoon smoked paprika (optional but recommended) | |

Directions

Preheat your oven to 300°F (150°C).

In a small bowl, mix 1 tablespoon kosher salt, 1 teaspoon black pepper, 1 tablespoon garlic powder, 1 tablespoon onion powder, 1 teaspoon dried thyme, and 1 teaspoon smoked paprika. Rub this seasoning mix all over the 3 to 4 lb boneless arm roast.

Heat 2 tablespoons olive oil in a large Dutch oven or oven-safe pot over medium-high heat. Sear the roast on all sides until browned (about 3-4 minutes per side). Remove and set aside briefly.

In the same pot, add 1 large sliced yellow onion and 4 smashed garlic cloves. Sauté for 2-3 minutes, scraping up the browned bits.

Add 3 peeled and chopped carrots and 3 chopped celery stalks to the pot. Stir to combine with onions and garlic.

Pour in 2 cups beef broth and 1 tablespoon Worcestershire sauce. Stir to combine, then return the roast to the pot, nestling it among the vegetables.

Cover the pot with a lid and place it in the preheated oven. Roast for about 2.5 to 3 hours, or until the meat is fork-tender.

Remove from the oven and let the roast rest in the pot for 10-15 minutes before slicing or shredding. Serve with the vegetables and spoon some of the broth over the top.



Previously Frozen
**Baby Back
Pork Ribs**

3⁹⁹
lb.



Johnsonville
**Bratwurst or
Italian Sausage**
Selected Varieties, 19 oz. Package

5⁹⁹



Sugardale
Sliced Bacon
Selected Varieties
12 oz. Package

3⁹⁹

Quality Meats



WE CUT OUR OWN
BEEF AND PORK

In-Store

FRESH

Fresh, Boneless
**Center Cut
Pork Loin Roast**

2⁷⁹
lb.



Hebrew National
Beef Franks
10.3 oz. Package

5⁴⁹



Johnsonville
Breakfast Links
Selected Varieties, 12 oz. Package

3⁹⁹



Just Bare
**Chicken
Breasts or
Tenderloins**
14-18 oz. Package

7⁴⁹



Johnsonville
**Smoked
Sausage or
Bratwurst**
Selected Varieties
12-14 oz. Package

4⁴⁹

Pantry Specials



Kellogg's Pop-Tarts Toaster Pastries

Selected Varieties
8 Count Package

2/\$6

Post Honey Bunches of Oats

Selected Varieties
11-12 oz. Package

2/\$7



Better Oats Oatmeal

Selected Varieties
9.8-15.1 oz. Box

2/\$8



Old Dutch
Restaurant Style
Tortilla Chips
Selected Varieties, 9-13 oz. Bag

2/\$8



Essential Everyday
Tortilla Chips
Selected Varieties
10-12 oz. Bag

2/\$5



Pringles
Mega Stack
Potato Crisps
Selected Varieties
6.9-7.1 oz. Can

2.99



Mars
Fun Size
Candy Bars
Selected Varieties
10.23-11.5 oz. Package

2/\$10



Boost
Complete
Nutritional
Drink
Selected Varieties
6 Pack, 8 oz. Bottles

11.99



Old Dutch
Dutch Crunch
Kettle Chips
Selected Varieties, 9 oz. Bag

2/\$8



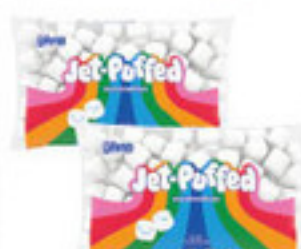
Frito Lay
Rold Gold
Pretzels
Selected Varieties
10-16 oz. Package

2/\$6



Essential Everyday
Snack Dips
Selected Varieties
13 oz. Jar

2.99



Kraft
Jet-Puffed
Marshmallows
16 oz. Package

2/\$5



Equine
Mouthwash
Selected Varieties
16.9 oz. Bottle

2.99



Orville Redenbacher's
Microwave
Popcorn
Selected Varieties
3 Count Package

2/\$6



Nabisco
Oreo Cookies
Selected Varieties
13.29-14.03 oz. Package

2/\$8



Essential Everyday
Vanilla Wafers
11 oz. Package

2.99



Essential Everyday
Snack
Pudding
Selected Varieties
4/3.25 oz. Cups

4/\$5



Essential Everyday
Designer
Plates, Cups
& Bowls
Selected Varieties
24-34 Count Package

3.49

Grocery Deals



Hostess Multipack Snacks
Selected Varieties, 8-10 Count Box

3²⁹



Essential Everyday Apple Juice
Selected Varieties, 64 oz. Bottle

2/\$5



Creamette Pasta
Selected Varieties, 12-16 oz. Package

4/\$5



COUNT ON
QUALITY AND
Selection

PERFECT &
Delightful

Campbell's Chicken Noodle or Tomato Soup
Selected Varieties, 10.75 oz. Can

2/\$3



Essential Everyday Graham Crackers
Selected Varieties, 14.4 oz. Package

3²⁹



Capri Sun Juice Drink
Selected Varieties, 10 Count Package

3⁹⁹



Prego Alfredo, Pesto or Pasta Sauce
Selected Varieties, 8-4.5 oz. Jar

3⁹⁹



Fritos Dip
Selected Varieties, 9 oz. Can

2/\$6



Malt O Meal Family Size Cereal Bags
Selected Varieties, 22-30 oz. Bag

4⁹⁹



Country Hearth English Muffin Bread
16 oz. Package

3⁷⁹



Heinz Home Style Gravy
Selected Varieties, 12 oz. Jar

2/\$5



Duke's Mayonnaise
Selected Varieties, 30 oz. Jar

5⁹⁹



Essential Everyday Storage & Freezer Bags
Selected Varieties, 10-20 Count Package

2/\$5



Essential Everyday Facial Tissue
Selected Varieties, 60-70 Count Package

3/\$5



Essential Everyday Disinfecting Wipes
Selected Varieties, 75 Count Package

3⁹⁹



Essential Everyday Ultra Bath Tissue
Soft or Strong, 6 Mega Rolls

8⁹⁹



Essential Everyday Cooking Spray
Selected Varieties, 6 oz. Can

2⁹⁹



Essential Everyday Awesome Strength Paper Towels
2 Count Rolls

2/\$7

Frozen & Dairy Deals



Essential
Everyday
**Garlic
Bread**
Selected Varieties
10.5-16 oz. Package

2⁶⁹

**Bellatoria
Pizza**
Selected Varieties
11.81-19.4 oz. Package

2/\$11



Essential Everyday
Potatoes
Selected Varieties
19-32 oz. Package

2⁹⁹



Essential Everyday
Waffles
Selected Varieties
10 Count Package

3/\$5



Healthy Choice
**Simply Cafe
Steamers**
Selected Varieties
9-10 oz. Package

2/\$7



Marie Callender's
Large Pot Pies
Selected Varieties
14-15 oz. Package

3/9⁹⁹



Marie Callender's
Frozen Dinners
Selected Varieties
11.5-14 oz. Package

3/9⁹⁹



Kemps
**Family Size
Ice Cream**
Selected Varieties
128 oz. Pail

7⁹⁹



Outshine
Fruit Bars
Selected Varieties
6 Count Package

4⁹⁹



**Dannon
Multipack
Greek Yogurt**
Selected Varieties, 4 Count Package

2/8⁸⁸

Essential
Everyday
**Grated
Parmesan
Cheese**
8 oz. Canister

3⁴⁹



Essential
Everyday
**Cottage
Cheese**
Selected Varieties
22-24 oz. Package

3²⁹



International
Delight
**Coffee
Creamer**
Selected Varieties
32 oz. Bottle

3⁹⁹



STOK
**Cold Brew
Iced Coffee**
Selected Varieties
48 oz. Bottle

5⁹⁹



Prairie Farms
**Chocolate
Milk**
Whole or 1%
Half Gallon Jug

2⁹⁹



Florida's
**Natural
Juice**
Selected Varieties
52 oz. Carton

4⁴⁹



Chobani
**Flip Greek
Yogurt**
Selected Varieties
4.3 oz. Package

2/\$3



Chobani Creations
Greek Yogurt
Selected Varieties
3.3 oz. Cup

2/\$3

Fresh from Our Deli & Bakery

**2023
SIN**
**READERS'
CHOICE
Awards**
BEST DELI

FRESH IN OUR
Deli
FRESH

Kretschmar
**Oven Browned
Turkey Breast**
**9⁹⁹
lb.**

Kretschmar



Babybel
**Mini
Semisoft
Cheese**
12 Count Package

7⁹⁹



Mrs. Gerry's
The Original

Deli Fresh
**Three Bean
Salad**
**6⁴⁹
lb.**



Panera
Soup
Selected Varieties
16 oz. Container

5⁹⁹



BelGioioso
**Cheese
Wedge**
3 oz. Package

2⁹⁹



**2023
SIN**
**READERS'
CHOICE
Awards**
BEST BAKERY

**Bakery Fresh
Hoagie Buns**
4 Count Package

3⁹⁹

FRESH &
Tasty!



Bakery Fresh
Strudel Bites
Selected Varieties
12 Count Package

4⁴⁹



Nustef
Pizzelles
Selected Varieties
3.25 oz. Package

4⁹⁹



Rich's
Parfait Cups
Selected Varieties
4.5-5 oz. Package

3⁴⁹



Fresh Produce



**Wild Harvest
Organic
Salad Mix**
Selected Varieties, 5 oz. Package

3⁹⁹

Fresh, flavorful, and always organic. Our salad mixes are USDA Certified Organic, Non-GMO Project Verified, and free from artificial ingredients. Triplewashed and ready to enjoy.



**Topline Farms
Mini Cucumbers**
14 oz. Package

2⁹⁹

Whether you're packing lunches, prepping healthy snacks, or adding crunch to salads, these little green gems deliver big on flavor with zero fuss.



**Taylor Farms
Pea Pods**
Snow or Snap, 8 oz. Package

3⁴⁹

Whether you're tossing them into stir-fries, dipping them raw, or enjoying them straight from the bag, these vibrant green pods are packed with natural sweetness and satisfying snap.



**Taylor Farms
Brussels Sprouts**
Selected Varieties, 12 oz. Package

3⁴⁹

A flavorful powerhouse packed with nutrients and satisfying crunch. Perfect roasted, sautéed, or even shaved raw into salads, these mini cabbages bring a deliciously nutty, slightly sweet taste to your plate.



**Dole
Romaine Hearts**
3 Count

3⁴⁹

Crisp and refreshing with a sweet, mild flavor, Dole Romaine Hearts are perfect for tossing into salads, layering on sandwiches, or grilling for a savory side. A fresh and versatile staple you'll want to keep on hand.



**Nature Sweet
Grape Tomatoes**
10 oz. Package

3⁴⁹

These little gems are grown with care to deliver consistent flavor and freshness straight from the vine. Whether tossed in salads, packed in lunches, or enjoyed right out of the bowl, Cherubs tomatoes bring sunshine and satisfaction to your table.



**Dole
Cauliflower**

**3⁹⁹
ea.**

Braised Cauliflower with Beef Shanks

Ingredients

2 large beef shanks (about 2-2.5 lbs total)
1 medium head of cauliflower, cut into florets
2 tablespoons olive oil
1 large onion, chopped
3 cloves garlic, minced
2 carrots, peeled and sliced
1 tablespoon tomato paste
1 cup red wine (or additional broth if preferred)

2 cups beef broth
1 teaspoon dried thyme
1 bay leaf
1 teaspoon salt (adjust to taste)
1/2 teaspoon black pepper
Optional: chopped parsley for garnish

Directions

Heat 2 tablespoons of olive oil in a large Dutch oven or deep pot over medium-high heat. Season 2 beef shanks with 1 teaspoon salt and 1/2 teaspoon black pepper. Sear the shanks for 3-4 minutes per side, until browned. Remove and set aside.

In the same pot, add 1 chopped large onion and sauté for 2-3 minutes until it begins to soften. Then add 3 minced garlic cloves and cook for 1 minute until fragrant.

Stir in 2 peeled and sliced carrots and 1 tablespoon tomato paste. Cook for another 2 minutes to build flavor.

Pour in 1 cup of red wine (or substitute with broth). Scrape the bottom of the pot to lift any browned bits. Let the wine simmer for 2-3 minutes to reduce slightly.

Pour in 2 cups of beef broth. Add 1 teaspoon dried thyme and 1 bay leaf. Return the beef shanks to the pot, nestling them into the liquid.

Bring everything to a gentle boil, then reduce the heat to low. Cover and let simmer for about 2 hours, or until the meat is very tender and nearly falling off the bone.

After 2 hours, stir in the cauliflower florets from 1 medium head of cauliflower. Cover again and cook for an additional 20-30 minutes, until the cauliflower is tender but not mushy.

Remove the bay leaf. Taste the broth and adjust seasoning if needed. Optionally, sprinkle chopped parsley over the dish before serving.

Refreshing Beverages



**Coke
6-Pack**

Selected Varieties, 6/16.9 oz. Bottles

2/\$10



**Powerade
Sports Drink**

Selected Varieties, 28 oz. Bottle

2/\$3



**Glacéau
Smartwater**
1 Liter Bottle

2/\$4