

MAGNIFICENT SAVINGS

Fresh
U.S.D.A. Choice Beef
T-Bone Steak

12⁹⁹
lb.



Bakery Fresh
**Double
Peanut Butter
Chocolate
Chip Cookies**
12 Count Package

6⁹⁹



Fresh
Seedless
**Red or
Green
Grapes**

2⁹⁹
lb.



Fresh, All Natural
Boneless, Skinless
**Chicken
Breast Fillets
or Tenderloins**
14-18 oz. Package

6⁹⁹



**Navel
Oranges**
4 lb. Bag

5⁹⁹



Fresh Express
**Salad
Blends**
Selected Varieties
5-11 oz. Package

2/\$6



Frito Lay
**Ruffles or
Tostitos Chips**
Selected Varieties, 7.25-14.42 oz. Bag

2/\$6



Rice-A-Roni or Pasta Roni
Sides
Selected Varieties, 1.97-7.2 oz. Package

3/\$5



StarKist
Chunk Light Tuna
Selected Varieties, 5 oz. Can

99¢



Kraft
**Shredded or
Chunk Cheese**
Selected Varieties, 5.8 oz. Package

2/\$6



Stouffer's
Entrées
Selected Varieties, 8.8-12.75 oz. Package

3/\$10

Sale Starts Sunday, March 18, 2024

SUN	MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20	21

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



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



Quality Meats



GRAIN-FED FOR
TENDERNESS AND
Flavor

Fresh, Boneless
U.S.D.A. Choice Beef
**Eye of
Round Steak**

7⁴⁹
lb.

Eye of Round Steaks

Ingredients

2–2.5 lb eye of round steak (cut
into 1-inch thick steaks)
1 tablespoon onion powder
1 teaspoon dried rosemary
1 teaspoon dried thyme
1 cup beef broth
2 tablespoons olive oil

1 tablespoon kosher salt
1 teaspoon black pepper
1 tablespoon garlic powder
1 large onion, sliced
4 garlic cloves, smashed
1 teaspoon smoke paprika
(optional)

Directions

Let the eye of round steaks sit out at room temperature for about 30 minutes to take the chill off.

In a small bowl, mix together 1 tablespoon kosher salt, 1 teaspoon black pepper, 1 tablespoon garlic powder, 1 tablespoon onion powder, 1 teaspoon dried rosemary, 1 teaspoon dried thyme, and 1 teaspoon smoked paprika if using.

Rub the seasoning mix all over the steaks. Heat 2 tablespoons olive oil in a large skillet or oven-safe pan over medium-high heat and sear the steaks for 2–3 minutes per side until browned.

Add the sliced onion and smashed garlic cloves to the pan around the steaks, then pour in 1 cup of beef broth to enhance flavor and help maintain moisture.

Cover the pan tightly with a lid or foil and transfer it to a preheated oven at 325°F. Braise for 45–60 minutes or until the steaks are tender and cooked through (internal temperature around 135–145°F for medium doneness).

Remove the steaks from the oven and let them rest, covered, for 10–15 minutes. Slice thinly against the grain and serve with the pan juices, onions, and garlic spooned over the top.



Cook's
**Corned Beef
Briskets**
3 lb. Average

6⁴⁹
lb.



Cooked Perfect
Meatballs
28 oz. Package

8⁹⁹



Hormel
**Pork
Tenderloins**
Selected Varieties
18.4 oz. Package

7⁹⁹



Essential Everyday
**Sliced
Bacon**
Selected Varieties
16 oz. Package

5⁹⁹

Quality Meats



Fresh, Bone-In
**Center Cut
Pork Chops**

2⁹⁹
lb.



WE CUT OUR OWN
BEEF AND PORK

In-Store

FRESH

Fresh, Boneless
U.S.D.A Choice Beef

**Eye of
Round Roast**

6⁹⁹
lb.



Arctic Shores
**Tilapia
Fillets**

16 oz. Package

4⁹⁹



Essential Everyday
Boneless, Skinless
**Chicken
Breasts**

Individually Quick Frozen
3 lb. Package

9⁹⁹



Fresh
**Pork
Spareribs**

2⁹⁹
lb.



Hormel
Ground Pork
1 lb. Chub

3⁴⁹



Hormel
**Fully Cooked
Meat Entrées**
Selected Varieties
15 oz. Package

7⁹⁹



Land O'Frost
**Bistro Carved
Lunchmeat**
Selected Varieties
6-8 oz. Package

3⁹⁹

Pantry Specials



Old El Paso Taco Shells
Selected Varieties
4.6-7.4 oz. Box

2/\$5



Old El Paso Taco Shells
6.89 oz. Box

2/\$8



Old El Paso Flour Tortillas
8-10 Count Package

2/\$5



Old El Paso Flour Bowl
6.7 oz. Package

2/\$8



Old El Paso Taco Kits
Selected Varieties
8.8-11.4 oz. Box

2/\$8



Old El Paso Seasoning
1 oz. Package

1/19



Old El Paso Refried Beans
Selected Varieties
16 oz. Can

2/\$4



Old El Paso Chopped Green Chilies
4 oz. Can

1/79



Old El Paso Premium Shells
Selected Varieties
5.4 oz. Box

2/\$8



Old El Paso Tortilla Pockets
8.4 oz. Package

2/\$8



Old El Paso Enchilada Sauce
19 oz. Can

2/\$8



Old Dutch Ripples Potato Chips
Selected Varieties
8-8.5 oz. Bag

2/\$7



Frito Lay Tostitos Salsa
Selected Varieties
13.5 oz. Jar

2/\$7



Frito Lay Tostitos Dip
Selected Varieties
1.9-13.75 oz. Jar

2/\$6



Jolly Time Popcorn
Selected Varieties
3 Count Box

2/\$6

Essential Everyday Macaroni and Cheese
Selected Varieties
3.5-7.3 oz. Box

99¢



Huggies Baby Wipes
64 Count Package

2/49



Old Dutch Twin Pack Potato Chips
Selected Varieties, 10 oz. Box

2/\$7



Old Dutch Pretzels
Selected Varieties
8.5-13 oz. Bag

2/\$7



Pineapples Potato Crisps
Selected Varieties
4.9-5.5 oz. Can

2/\$5



Wild Harvest Canned Beans
Selected Varieties
15 oz. Can

2/\$3

Essential Everyday Seasoning Mixes
Selected Varieties
1-1.5 oz. Package

99¢



Equaline Extra Strength Pain Relief
100 Count Package

3/99



Kellogg's Cheez-It Crackers
Selected Varieties, 9-12.4 oz. Box

2/\$8



Kellogg's Club Crackers
Selected Varieties
11-13.7 oz. Box

2/\$8



Nabisco Premium Saltines
Selected Varieties
11-16 oz. Box

2/\$7



Nabisco Chips Ahoy! Cookies
Selected Varieties
7-13 oz. Package

2/\$7



Essential Everyday Egg Noodle
Selected Varieties
16 oz. Bag

1/99



Ensure Plus Nutritional Shakes
Selected Varieties
6 Count Package

14/99



Essential Everyday Tomatoes
Selected Varieties, 28 oz. Can

2/4.44



Essential Everyday Tomato Sauce
15 oz. Can **99¢**

Classico Pasta Sauce
Selected Varieties
13-24 oz. Jar

2/\$7



Pace Salsa or Picante
Selected Varieties
24 oz. Jar

3.49



Shore Lunch Batter and Breading Mix
Selected Varieties
9 oz. Box

2.99



Equaline Cotton Swabs
375 Count Package

2.99



Ken's Salad Dressing
Selected Varieties, 16 oz. Bottle

2/\$7



Grey Poupon Mustard
10 oz. Package **3.99**

Buffalo Wild Wings Sauces
Selected Varieties
12 oz. Bottle

2.99



Essential Everyday Broth or Stock
Selected Varieties
32 oz. Package

2/\$4



Upton Recipe Soup Mix
Selected Varieties
1.8-2.6 oz. Box

2.49



Essential Everyday Trash Bags
Selected Varieties
15-26 Count Package

2.49



Nature Valley Muffin Bars
Selected Varieties, 6.2-7.44 oz. Box

2/\$6



General Mills Grain Bars
Selected Varieties
4.6-7.4 oz. Box **2/\$6**



General Mills Milk & Cereal Bars
Selected Varieties
6.78-9.94 oz. Box **2/\$6**



Hormel Bacon Pouch
4.3 oz. Package **4.99**



Kellogg's Special K Pastry Crips
Selected Varieties
5.28 oz. Box **2.99**

2.99



Tide Liquid Laundry Detergent
Selected Varieties
73-84 oz. Jug **14.99**

14.99



COUNT ON QUALITY AND Selection

Kellogg's Cereal
Selected Varieties
11.6-16 oz. Box **4.99**



Hungry Jack Pancake Mix
Selected Varieties
28-32 oz. Box **2.99**

2.99



Hungry Jack Pancake Syrup
Selected Varieties
24 oz. Bottle **3.99**

3.99

Essential Everyday Coffee
Selected Varieties
24.2-30.3 oz. Can **14.99**

14.99



Softsoap Premium Pumps
Selected Varieties
11.25 oz. Package **2.99**

2.99



Quaker Standard Oats
Selected Varieties
18 oz. Container **3.99**

3.99



Charmin Essential Bath Tissues
Selected Varieties
6 Mega Roll Package **5.99**

5.99



Frozen & Dairy Deals



Blue Ribbon Ice Cream

Selected Varieties, 128 oz. Pail

6⁹⁹



The Skinny Cow Ice Cream Sandwich
Selected Varieties
4 Count Package

3⁹⁹



Old Orchard Juice Blends
Selected Varieties
12 oz. Container

2/\$4



Kraft Natural Sliced Cheese

Selected Varieties
7-8 oz. Package

2/\$6



Kemps Cottage Cheese
Selected Varieties
22 oz. Tub

3⁹⁹



Crystal Farms Cream Cheese
8 oz. Brick

2/\$5



Essential Everyday Cream Cheese
Selected Varieties
8 oz. Tub

2⁹⁹

New York Garlic Texas Toast or Bread Sticks
Selected Varieties
6-8 Count Package

2⁹⁹



TGI Fridays Appetizers
Selected Varieties
8-11 oz. Package

4⁹⁹



Smucker's Uncrustables
Selected Varieties
4 Count Package

3⁹⁹



Totino's Pizza Rolls
Selected Varieties
24.46-24.8 oz. Package

3⁹⁹



Mid-America Farms Top The Tater
24 oz. Carton

3⁹⁹



Pillsbury Crescents, Grands or Cinnamon Rolls
Selected Varieties
4-5 Count Package

2/\$3



Crystal Farms Butter Quarters
Selected Varieties
16 oz. Package

3⁹⁹



MorningStar Farms Burgers or Meals
Selected Varieties
5.25-10.5 oz. Package

4⁴⁹



Van De Kamp's Fish Sticks or Fillets
Selected Varieties
18-24.6 oz. Package

5⁹⁹



Essential Everyday Waffles
Selected Varieties
10 Count Package

2/4⁴⁴



Pillsbury Toaster Strudel & Scramblers
Selected Varieties
7.2-12 oz. Package

2/\$6



Essential Everyday Sour Cream
16 oz. Tub

1⁹⁹



International Delight Coffee Creamer
Selected Varieties
32 oz. Bottle

3⁹⁹



Nestlé Toll House Refrigerated Cookie Dough
Selected Varieties
14-16.5 oz. Package

4⁹⁹



2022
SIN

READERS' CHOICE

BEST DELI

FRESH IN OUR

Deli

FRESH

Kretschmar
Corned Beef
or Roast Beef

15⁹⁹
lb.

Kretschmar

Fresh from Our Deli & Bakery

Deli Fresh
Swiss or
Baby Swiss
Cheese

Sliced fresh in our Deli!

9⁹⁹
lb.



Mrs. Gerry's

Deli Fresh
Coleslaw

14 oz. Tub

3⁹⁹



Deli Fresh
Pistachio
Pineapple
Salad

6⁹⁹
lb.



2022
SIN

READERS' CHOICE
Awards

BEST BAKERY



Bakery Fresh
Strudel Bites

Selected Varieties
12 Count Package

4⁴⁹



Cyrus O'Leary's
4" Mini
Cream Pies

Selected Varieties
7 oz. Package

4⁴⁹



Olson's
Angel Food
Bar Cake

11 oz. Loaf

4⁴⁹



Bakery Fresh
Rye Bread

Assorted Varieties, 16 oz. Loaf

3⁹⁹

Fresh Produce



USA
Green Cabbage

79¢
lb.

Green cabbage is crisp, fresh, and wonderfully versatile. It adds a satisfying crunch to salads and slaws. It's also good for stir-fries, soups, and hearty home-cooked meals.



Fresh
Asparagus

4⁹⁹
lb.

Green asparagus is tender, flavorful, and fantastic for grilling, roasting, or sautéing. Its fresh, earthy taste and vibrant color make it a delicious and nutritious addition to any meal.



Giorgio
White Mushrooms

2/\$4

White mushrooms are mild, tender, and versatile. Use them for sautéing, salads, soups, and countless savory dishes.



Fresh
Carrots

1⁹⁹

Cello carrots are crisp, sweet, and conveniently pre-washed for easy snacking or cooking. Their bright orange color and fresh crunch make them a healthy, versatile staple in any kitchen.



Taylor Farms
Green Beans

3⁴⁹

Green beans are crisp, tender, and full of fresh garden flavor. They're perfect for steaming, sautéing, or adding to your favorite casseroles and side dishes.



USA
Granny Smith Apples

1⁴⁹
lb.

Granny Smith apples are crisp and tart with a bright green skin, excellent for snacking, baking, or adding a refreshing crunch to salads.



MAKE IT
BUTTERY &
Creamy

Farmer's Promise
Red Potatoes

2⁹⁹

Roasted Red Potatoes with Garlic & Herbs

Ingredients

- 1.5 pounds of red potatoes (about 8-10 medium potatoes)
- 3 tbsp olive oil
- 4 cloves garlic, minced (or more if you love garlic)
- 1 tsp dried rosemary (or fresh, chopped if you prefer)
- 1 tsp dried thyme (or fresh, chopped)
- Salt and pepper, to taste
- 1/2 tsp paprika (optional, for a little extra color and flavor)
- Fresh parsley, chopped (optional, for garnish)

Directions

Preheat the Oven: Preheat your oven to 400°F (200°C).

Prepare the Potatoes: Wash the red potatoes thoroughly. You can leave the skins on (they add great texture), but cut them into bite-sized chunks, about 1-inch pieces.

Season the Potatoes: In a large bowl, toss the potato chunks with olive oil, minced garlic, rosemary, thyme, paprika, salt, and pepper. Make sure each piece is evenly coated with the seasonings.

Roast the Potatoes: Spread the potatoes in a single layer on a baking sheet. Roast for about 30-40 minutes, flipping them halfway through to ensure even browning. The potatoes should be golden and crispy on the outside, and tender on the inside.

Garnish and Serve: Once they're done, remove from the oven and sprinkle with fresh parsley for a pop of color and fresh flavor.

Refreshing Beverages



Coke 12-Pack

Selected Varieties, 12/12 oz. Cans

8⁹⁹



Coke 2 Liter

Selected Varieties, 2 Liter Bottle

3²⁹



Monster Energy Drink

Selected Varieties, 16 oz. Can

2/\$5