

It's time to stock up!
3 DAYS ONLY! From Fri. 6/15 to Sun. 6/17

Spend **\$75** or more
in a single transaction
using your Safeway
Club Card and...

get a
\$10 Reward
Coupon!
Use on your next shopping trip
thru Sunday, June 24th, 2012

SAFEGWAY

**REAL BIG DEALS EVERY WEEK
WITH YOUR CARD**



4.97 lb.
Club Price!

**Rancher's Reserve®
Beef New York Strip Steak**
Bone-In. Or Bone-In Beef Ribeye Steak, \$6.99 lb.
Extreme Value Pack. SAVE up to \$4.52 lb.



2.99 lb.
Club Price!

80% Lean Ground Beef
Not to Exceed 20% Fat.
Extreme Value Pack. SAVE up to 70¢ lb.



2.49 lb.
Club Price!

**Rancher's Reserve®
Beef Round
Tip Roast**
SAVE up to \$3.00 lb.



1.68 lb.
Club Price!

**Red Seedless
Grapes**
SAVE up to \$1.81 lb.



5.99 ea.
Club Price!

Lobster Tails
4-oz. Premium Tails. Product of
USA or Canada. Frozen/Thawed.
SAVE up to \$4.00 ea.



1.99 lb.
Club Price!

Whole Boneless Pork Loin
Sold Whole in the Bag. Or Boneless Pork
Top Loin Center Cut Chops, \$2.99 lb.
Extreme Value Pack. SAVE up to \$2.80 lb.



2.55 for
Club Price!

**Hostess MultiPacks
or Donuts**
Selected sizes and varieties. Club Price:
\$2.50 ea. SAVE up to \$3.98 on 2



1.99 6-oz. container.
Club Price!

**Blueberries
or Raspberries**
6-oz. container.
SAVE up to \$3.99 on 2



1.99 16-oz.
Club Price!

**Ken's
Salad Dressing**
16-oz.
Selected varieties.



2.99 ea.
Club Price!

Mini Watermelons
SAVE up to \$2.00 ea.



99¢ ea.
Club Price!

**Fresh Express Spinach or
Garden Plus Salad Blends**
8 to 16-oz. package. Selected
varieties. SAVE up to \$1.30 ea.



2.59 Gallon.
Club Price!

**Pantry Essentials™
Milk**
Gallon. 2%, 1% or Fat Free.



5.99 ea.
Club Price!

**Signature Cafe®
Baby Back Ribs**
16-oz.
SAVE up to \$3.00 ea.



2.56 for
Club Price!

**Nabisco Oreo or
Nutter Butter Cookies**
10.5 to 16-oz. Selected varieties. Club
Price: \$3.00 ea. SAVE up to \$3.58 on 2



4.10 for
Club Price!

**Marie Callender's or
Healthy Choice Meals**
8.5 to 19-oz. Selected varieties. Excludes Steamers.
Club Price: \$2.50 ea. SAVE up to \$1.98 on 4



7.99
Club Price!

**Charmin Bath Tissue, Brawny
or Sparkle Paper Towels**
12 or 16 Roll Tissue or 6 Roll Towels.
Selected varieties. SAVE up to \$2.00



1.99
Club Price!

Kellogg's Raisin Bran
18.7-oz. or Frosted Flakes
10.5-oz. Cereal.
SAVE up to \$2.00



12.88
Club Price!

**12-Pack Widmer,
Deschutes,
Blue Moon, New
Belgium, Bridgeport
or 4-Pack Ninkasi**
12 to 22-oz. bottles.
Selected varieties.
Plus deposit in Oregon.



6.99
Club Price!

**Kingsford
Charcoal
Briquets**
11.1 to 16.6-oz.
WITH CARD AND COUPON
8.99 (LIMIT 2)



**BUY 2 GET
2 FREE**
EQUAL OR LESSER VALUE

12-Pack Coca-Cola
12-oz. cans. Selected varieties.
SAVE up to \$11.98 on 4



**PLUS
GET 1
FREE**
bag of The Snack Artist®
Chips
8.5 to 13-oz. Selected varieties.

*Get a \$10 off coupon for your next grocery shopping trip at Safeway when you spend \$75 or more in qualified purchases in a single transaction with your Safeway Club Card (calculated after deduction of card savings and all other discounts and savings and not including the excluded purchases below) between 6/15-6/17/12. Qualified purchases exclude purchases of Beer, Wine, Spirits, Tobacco Products, Fuel, All Adult Items in the Refrigerated Dairy Section (including Thick Dairy and Dairy Substitutes), Prescription Items and Co-payments, Non-Commuter Passes, Fishing/Hunting Licenses and Tags, Postage Stamps, Money Orders, Money Transfers, Ski Tickets, Amusement Park Tickets, Event Tickets, Lottery Tickets, Phone Cards, Gift Cards, and Gift Certificates; also excludes: Bottle Deposits and Sales Tax. Limit one (1) coupon per transaction. Coupon is valid on your next grocery purchase of \$10 or more and is subject to additional terms and conditions. The pay sales tax on purchases made with coupon. Coupon cannot be combined with any other discount or offer. Coupon has no cash value and expires 6/24/12. Void where prohibited by law. We reserve the right to correct typographical, pictorial and other ad errors. Online and in-store prices, discounts and offers may differ.

FOOD

SLOW COOKER COLLECTION

Crockpot Beef Brisket

This traditional, old fashioned recipe for beef brisket cooks slowly in your slow cooker for wonderful flavor.

- Ingredients**
- 4lbs. beef brisket (NOT corned)
 - 1/2 tsp. salt
 - 4 cloves garlic, minced
 - 1/8 tsp. pepper
 - 2 Tbsp. ketchup
 - 2 onions, thinly sliced
 - 1 Tbsp. brown sugar
 - 2 Tbsp. flour
 - 1/3 cup water
 - 1 Tbsp. red wine vinegar

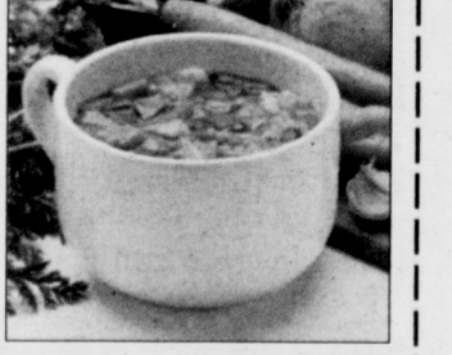
- Directions**
- Place onions in bottom of slow cooker, then place brisket, fat side up, on top of onions. Sprinkle garlic on top. Combine ketchup, vinegar, and brown sugar in small bowl and then rub into beef. Add enough water to coat the bottom of the cooker. Cover crockpot and cook on Low 8-10 hours.
 - For gravy, remove brisket from the slow cooker place on serving plate, and cover tightly with foil. Turn crockpot temperature to High. Mix flour with 1/3 cup water, add to crockpot, and bring to a boil, stirring frequently with wire whisk. 16 servings.



Soups of the Day

Fat Burning Soup Recipe

The fat burning vegetable soup diet is very popular because it doesn't have limitation on the amount of food you can eat. At the same time it allows many different products in addition the main ingredient - the soup. It is called fat burning because of the specially picked vegetables that form this amazing soup. All of these vegetables have negative calorie value which means that your body uses more energy to digest them than the calorie value they contain.



- Ingredients**
- 2 green bell peppers
 - 6 medium size onions
 - 1 beam of celery
 - 3 tomatoes
 - fresh herbs
 - 1 small head of cabbage
 - salt and pepper to taste

- Directions**
- Cut the vegetables into small pieces and put into boiling pot.
 - Fill the boiling pot with water to cover the vegetables, add 1 cube of vegetable bouillon and seasoning and boil on high heat for about 10 minutes. Reduce the heat to medium low and cook until vegetables become soft.
 - Add fresh herbs and serve.