

# SAFEWAY

REAL BIG DEALS EVERY WEEK WITH YOUR CARD

**2.49** lb.  
Club Price!

<p><b>Rancher's Reserve® Boneless Beef Petite Sirloin Steak</b> Extreme Value Pack. Or Boneless Beef Tri-Tip Roast. \$3.99 lb. SAVE up to \$4.50 lb.</p>	<p><b>Pork Shoulder Country Style Ribs</b> Bone-In. Or Boneless Pork Sirloin Chops. Extreme Value Pack. SAVE up to \$1.50 lb.</p>
<p><b>Eating Right® Boneless Skinless Chicken Breast with Rib Meat, Thighs or Combo</b> Or Tenderloin or Thin Sliced. \$2.99 lb. Extreme Value Pack. SAVE up to \$1.50 lb.</p>	<p><b>80% Lean, 20% Fat Ground Beef</b> Or 93% Lean, 7% Fat Ground Beef or 90% Lean, 10% Fat Ground Sirloin. \$3.99 lb. Extreme Value Pack. SAVE up to \$1.20 lb.</p>

<p><b>4.99</b> lb. Club Price!</p> <p><b>Wild Alaskan Cod Fillets</b> Previously frozen. SAVE up to \$4.00 lb.</p>	<p><b>1.28</b> lb. Club Price!</p> <p><b>Pristine Green Seedless Grapes</b> SAVE up to \$1.21 lb.</p>
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<p><b>1.88</b> ea. Club Price!</p> <p><b>Safeway Kitchens Variety Breads</b> 24-oz. Selected varieties. SAVE up to 61¢</p>	<p><b>2.99</b> ea. Club Price!</p> <p><b>Safeway Farms Cafe Bowls</b> 4.75 to 7.75-oz. Selected varieties. Regular Club Price: \$3.99 ea. Or Organic Herbom Tomatoes, \$3.99 lb.</p>	<p><b>1.29</b> lb. Club Price!</p> <p><b>Navel Oranges</b> SAVE up to 20¢ lb.</p>
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<p><b>5.99</b> Club Price!</p> <p><b>Bertolli Dinner for Two</b> 24-oz. Selected varieties. SAVE up to \$2.00</p>	<p><b>2.95</b> Club Price!</p> <p><b>Kellogg's Froot Loops</b> 12.2-oz. or Rice Krispies 12-oz. Cereal. Club Price: \$2.50 ea. SAVE up to \$3.58 on 2</p>	<p><b>5.10</b> Club Price!</p> <p><b>Healthy Choice Meals</b> 8.75 to 12.5-oz. Selected varieties. Excludes Steamers. Club Price: \$2.00 ea. SAVE up to \$2.45 on 5</p>
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<p><b>3.10</b> Club Price!</p> <p><b>refreshe® Water</b> 24-pack, 16.9-oz. Club Price: \$3.34 ea. Plus deposit in Oregon. SAVE up to \$1.07 on 3</p>	<p><b>2.96</b> Club Price!</p> <p><b>Florida's Natural or Safeway SELECT® Orange Juice</b> 59-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.</p>	<p><b>7.49</b> Club Price!</p> <p><b>Quilted Northern or MD Bath Tissue</b> or Brawny or Sparkle Paper Towels 12-Roll Tissue or 6 or 8-Roll Towels. Selected varieties. SAVE up to \$2.00</p>
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**BUY 2 GET 2 FREE**  
12-Pack Coca-Cola  
EQUAL OR LESSER VALUE  
12-oz. cans. Selected varieties.  
Plus deposit in Oregon. SAVE up to \$13.98 on 4

**AND GET 1 FREE**  
Nabisco Chips Ahoy!  
9.5 to 14-oz. Selected varieties.

\*Offer valid with Safeway Club Card from 9/19/12 - 9/25/12. Participating items must be purchased in a single transaction. Plus tax and deposit where applicable. Online and in-store offers, discounts and prices may differ.

**Pharmacy**

**Our Services Give You More!**

Save Time

- Fill your prescriptions while you shop.
- Get auto refills on your prescriptions.
- By-appointment and walk-in immunization services\* for tetanus, flu, shingles and more.

Our trained Pharmacists offer these services and many more.

\*Restrictions apply. See Pharmacy for details.

**We accept most major insurance plans**

It's Time to **Bake** —and— **Save!**

**\$1** Club Price!

**Pillsbury Cake or Brownie Mix**  
15.25 to 19.5-oz. Or 75 to 100-ct. Wilton Cupcake Liners.

**\$2** Club Price!

**Safeway Powdered Sugar, Wilton Sparkle Gels or Pillsbury Frosting**  
2-lb. Powdered Sugar, 3.5-oz. Sparkle Gel or 15.6 to 16-oz. Frosting.

**\$3** Club Price!

**Gold Medal Flour, Safeway Cooking Oil or Wilton Sprinkles**  
5-lb. Flour, 48-oz. Cooking Oil or 2.2 to 8-oz. Sprinkles.

**3.49** Club Price!

**Tillamook Butter**  
16-oz. Regular or Unsalted.

**5.99** Club Price!

**M&M's Large Bag**  
18.8 to 19.07-oz. Selected varieties. While supplies last.

**SAFEWAY COUPON**  
Valid 9-19 thru 9-25-12

Buy 3 Wilton Sprinkles and Get 1 Pillsbury Cake Mix **FREE**

2.2 to 8-oz. Sprinkles or 15.25-oz. Cake Mix.

\*Coupon valid 9/19/12 thru 9/25/12. Participating items must be purchased in a single transaction. This coupon must be presented at time of purchase. Offer valid with Card and Coupon. Cannot be doubled.

# FOOD

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## Ajiaco (Beef and Pepper Stew)

This Latino stew uses leftover roast beef, sweet red peppers, and creamy baby potatoes simmered together in a spicy broth.

**Ingredients:**

- 2 tablespoons canola oil
  - 1 cup thickly sliced shallots
  - 2 tablespoons minced garlic
  - 2 red bell peppers, cut into 1 inch pieces
  - 1 1/2 teaspoons chipotle chile powder, or to taste
  - 2 teaspoons ground cumin
  - 3 cups cubed cooked roast beef
  - 1 pound baby red potatoes, cut in half
  - 2 cups water
  - 1 quart beef broth
  - 1/2 teaspoon dried oregano
  - Salt and pepper to taste
  - 1/4 cup chopped parsley
- 2 hard-cooked eggs, sliced 1/4 inch thick

**Directions:**

1. Heat the canola oil in a Dutch oven over medium heat. Stir in shallots, garlic, and red pepper; cook until the shallot has softened and turned translucent, about 4 minutes. Sprinkle in the chipotle powder and cumin; cook 30 seconds until fragrant.
2. Add the roast beef and red potatoes, pour in the water and beef broth. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 30 minutes. Stir in the oregano, and season to taste with salt and pepper.
3. Stir in chopped parsley before serving. Garnish each bowl with a few slices of hard-cooked egg.



## Easy Cheddar Biscuits with Fresh Herbs

**Ingredients**

- 2 1/4 cups all-purpose baking mix
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons fresh rosemary, chopped
- 1/4 cup sour cream
- 2 tablespoons Dijon mustard
- 1/3 cup milk
- 1 egg, lightly beaten

**Directions**

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a medium bowl, stir together baking mix, cheese, and rosemary.
3. In a separate bowl, stir together sour cream, mustard, and milk. Stir wet mixture into dry mixture until well combined. Drop dough in 2-inch rounds onto a baking sheet. Brush tops with beaten egg.
4. Bake in preheated oven 12 to 15 minutes. Serve warm.

**SEPTEMBER 19 20 21 22 23 24 25** Prices on this page are effective Wednesday, September 19 thru Tuesday, September 25, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, September 19 thru Tuesday, September 25, 2012 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, Clatsop, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylpropanolamine limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.