ROUSES MARKETS

SPECIALTY SAVINGS

Prices good December 26th 2024 thru January 29th 2025. Supplies may be limited.

EAT RIGHT WITH ROUSES MEAL PREP

1 LB BRICK
Thomas Farms 93% Lean Grass Fed Beef
IN OUR MEAT DEPARTMENT
$4.88

Choose lean meat for meal prepping tacos and burgers

Bell & Evans Boneless Chicken Breast
IN OUR MEAT DEPARTMENT
USDA ORGANIC
$7.99

Prepare boneless chicken breasts to add to salads

10 - 14 OZ
House Foods Organic Tofu
IN OUR PRODUCE DEPARTMENT
GLUTEN FREE
USDA ORGANIC
$2.79

Great in savory dishes like scrambles, sandwiches, and stir fry

4.42 - 4.67 OZ
Taylor Farms Mini Chopped Kits
IN OUR PRODUCE DEPARTMENT
NEW!
2/$5

These kits are ideal for a lunch on the go!

10.6 - 12 OZ
Quorn Meatless Substitutes
PLANT BASED
IN OUR FROZEN DEPARTMENT
$3.99

Plant based protein

5.5 OZ
Tofurky Meatless Deli Slices
VEGAN
IN OUR FROZEN DEPARTMENT
$3.49

Made from tofu

4.7 OZ
Blue Dragon Spring Roll Wrapper
$2.99

Wrap up your veggies in a spring roll

6.4 OZ Blue Dragon Chili Sauce $2.99

32 OZ
Yo Mama's Sauces
NO ADDED SUGAR
$6.99

26.5 - 32 OZ
Rice Select Rice
GLUTEN FREE
USDA ORGANIC
$6.99

5 varieties
Build a rice bowl with layers of rice, vegetables, and proteins

FITNESS AND WELLNESS

1.2 OZ
That's It Bars
GLUTEN FREE
2/$3

Free from top 12 allergens

2.1 OZ
Think Bars
2/$5

5 varieties
20 grams protein

4 COUNT 11 OZ
Premier Protein Shakes
$10.99

4 varieties
30 grams protein

0.73 - 1.39 OZ - ASSORTED VARIETIES
Bigelow Tea
$2.99

Relax after a busy day with a cup of tea

16 OZ
Rouses Organic Kombucha
IN OUR PRODUCE DEPARTMENT
$2.99
USDA ORGANIC

6 COUNT 2.52 OZ
Rouses Hydration Drink Mixes
2/$9

Find it next to the hydration mixes

3 delicious flavors and blends for energy, wellness, and immunity. All contain electrolytes, vitamins B & C.

12 OZ
Slice Healthy Soda
NEW!
2/$5

Contains probiotics, prebiotics, and postbiotics for gut health

3.4 OZ
Bare Fruit Chips
$4.99

Crunchy potato chip alternative

32 OZ
Calfia Creamers
DAIRY FREE
PLANT BASED
$4.99

16 OZ
Nancy's Cottage Cheese
NOW TRENDING!
$4.99

Cottage cheese has been trending on social media recently. One of the highlights of cottage cheese is its protein content. Influencers have been adding cottage cheese to recipes to increase the protein per serving.

10 OZ
Barney Butter
$6.99

Made from skin-free almonds

EAT RIGHT FLAVOR FESTS

Join April along with local brand partners as they showcase delicious ways to use their products. Stop by to meet local community partners as well.

January Eat Right Flavor Fest Schedule:

- **Baton Rouge** January 17th, 14630 Village Market St, *11:00 am - 2:00 pm*
- **Biloxi** January 25th, 2384 Pass Road, *12:00 pm - 2:00 pm*
- **Mandeville** January 31st, 3461 East Causeway Approach, *11:00 am - 2:00 pm*

COOKING WITH APRIL

Join Rouses Dietitian, April, **LIVE** every Tuesdays at 10 am for nutritious recipes and tips.

LIVE

SAUCES, SOUPS AND SIMMERS

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7.5 OZ
O'Food Gochujang Sauce
$3.49
Savory spicy flavor with a hint of sweetness

15 OZ
Patak's Cooking Sauces
$3.99
Curry sauces include masala, butter chicken, and korma flavors

14.5 - 15 OZ
Bar Harbor Seafood Soups And Stocks
$2.99
Ready-to-use flavorful small batch stock

12 OZ
Orrington Farms Broth Bases
$3.99
Makes 56 cups of broth
No artificial colors or flavors

12.7 OZ
Allegro Marinades and Sauces
$2.99
9 varieties

32 OZ
Zoup Good, Really Good Broth
$4.99
Premium broth includes chicken, beef, & veggie flavors
No artificial ingredients

16 OZ
Ragin' Cajun Seasoned Beans
$4.79
All natural
Local product of Broussard, LA

4.25 OZ
Blue Diamond Nut-Thins
2/$6
8 varieties
Made from nuts like almonds

16.9 OZ
Califia Half & Half
$2.99
1-to-1 swap for dairy half-and-half zero sugar

16 OZ
Earth Balance Buttery Sticks
$6.49
Baking just got easier with these vegan butter sticks

4.76 - 7.3 OZ
Dare Crackers
$2.99
Peanut free
No artificial colors or flavors

11.5 - 12.6 OZ
House Of Tsang Asian Sauces
$3.49
Bring flavor into your stir fry, marinate your favorite grilled meats, or use it as a glaze for wings

Cream of Broccoli Soup

- 3 tablespoons unsalted butter
- 1 cup finely chopped onions
- 3 cups unsalted chicken broth
- 4 small crowns of fresh broccoli, finely chopped (about 4 cups)
- 2 cups skim milk (use unsweetened dairy free if desired)
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 can no salt added creamy navy beans

Directions

1. In a food processor, combine beans and 1 cup of broth and blend until creamy and smooth. Set aside.
2. In a medium to large pot, sauté onions and butter until onions are softened and clear.
3. Add 2 cups of broth and broccoli and simmer about 10 minutes until broccoli is softened.
4. Add remaining ingredients and bean mixture to pot and stir.
5. Simmer over medium heat until mixture begins to bubble softly. Stir often to prevent burning on the bottom of pot.
6. Simmer soup approximately 15 minutes, stirring often.
7. Turn heat off and cover. Let stand 15 minutes before serving.

You can also view this receipe at
https://www.rouses.com/cooking/recipes/cream-of-broccoli-soup/

GEAUX SHOP HEALTHY
COOKING CLASS

LSU AG DEMOS:
Join our monthly LSU Ag demonstrations and samples in select stores.

Find out more information here:
https://www.rouses.com/lsuagcooking/

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