

organics



Harris Teeter®  
MONTHLY SPECIALS\*

PRICED LOW

on the organic items you use most!

organics  
PRICED  
LOW



Simple Truth Organic  
Celery Hearts

2/\$5

organics  
PRICED  
LOW



8 oz.  
Simple Truth Organic  
Baby Bella  
Mushrooms

2/\$5

organics  
PRICED  
LOW



3 oz.  
Simple Truth Organic  
Basil

3.99  
each

organics  
PRICED  
LOW



Farmers Market  
Organic Green Onions

.99  
each

organics  
PRICED  
LOW



Farmers Market Organic  
Roma Tomatoes

1.99  
per lb.

organics  
PRICED  
LOW



16 oz.  
Harvest Sensations  
Organic Kale Salad

4.49  
each

organics  
PRICED  
LOW



Farmers Market Organic  
Pink Lady Apples

2.99  
per lb.

Prices in this ad good Wednesday, March 23 through Tuesday, April 19, 2022.

\*Supplies are limited



organics  
PRICED  
LOW

Farmers Market Organic  
Hot House Bunch Tomatoes

2.79  
per lb.



organics  
PRICED  
LOW

12 oz.  
Suja Organic  
Probiotic Juice

2/\$5



organics  
PRICED  
LOW

Farmers Market Organic  
Hot House Cucumbers

2/\$4



organics  
PRICED  
LOW

• Baby Spinach  
• Spring Mix  
• Arugula

5 oz.

Simple Truth Organic  
Salads

2/\$6



organics  
PRICED  
LOW

Farmers Market Organic  
Green Asparagus

3.99  
per lb.



organics  
PRICED  
LOW

2 lb. bag  
Organic  
Cuties

4.99  
each



organics  
PRICED  
LOW

2 lb. bag  
Simple Truth Organic  
Granny Smith Apples

5.49  
each



organics  
PRICED  
LOW

Farmers Market Organic  
Slicing Tomatoes

2.99  
per lb.



organic



18 ct.  
Simple Truth  
Organic Eggs

5.29

save at least 60¢ each with your VIC card



10 oz.  
Simple Truth Keto Pancake  
or Waffle Mix

4.49

save at least 50¢ each with your VIC card



organic



4 oz.  
Simple Truth Organic  
Panko Breadcrumbs

3.29

save at least 40¢ each with your VIC card



organic



10 oz.  
Simple Truth Organic  
Relish

1.99

save big with your VIC card



organic



8 oz.  
Simple Truth Organic  
Round Snack Crackers

2.99

save at least 50¢ each with your VIC card

\*Supplies are limited



2.5 oz.  
Simple Truth  
Tuna Pouch

3/\$5

save at least \$1.86 on 3 with your VIC card



16 oz.  
Simple Truth  
Meatless Crumbles

3.99

save at least \$1.86 each with your VIC card



35 ct.  
Simple Truth  
Surface Wipes

3.19

save at least 40¢ each with your VIC card

healthy made simple

# SLOW COOKER CHILI CON CARNE



## INGREDIENTS:

- 1 package Simply Organic Spicy Chili Seasoning Mix 1.0 oz.
- 1 teaspoon olive oil
- 1 small onion, diced
- 1 red pepper, diced
- 2 garlic cloves, minced
- 2 Pounds HT Reserve Angus Stew Meat
- 1/2 jalapeno pepper, finely chopped
- 3 teaspoons tomato paste
- 2 cups beef or vegetable broth
- 1 (14 ounce) can Organic Bello Organic Tomatoes

## INSTRUCTIONS:

1. In a large pan heat, olive oil over medium heat. Add onion, peppers and garlic. Sauté for about 4 minutes. Add beef cubes and cook until browned, about 3 minutes.
2. Transfer mixture to a slow cooker and add tomato paste, broth, diced tomatoes and contents of seasoning mix packet. Mix until combined.
3. Cook in slow cooker on high for 4 to 5 hours or on low for 7 to 8 hours.
4. Serve with your favorite chili toppings.



Assorted.  
Organico Bello  
Organic Tomatoes

2/\$7

save at least \$3.98 each with your VIC card



10 oz.  
Big Tree Farms Organic  
Coco Amino Sauce

649

save at least \$1.50 each with your VIC card



1 oz.  
Simply Organic  
Chili Mixes

3/\$5

save at least 96¢ on 2 with your VIC card



10 oz.  
San-J  
Organic Tamari

469

save at least 80¢ each with your VIC card



Per lb.  
Smart Chicken Organic  
Drumsticks

299

save at least \$2.00 per lb. with your VIC card



12 pk.  
Michelob Organic Pure Gold or  
Organic Variety Pack

1599

each



24 oz.  
Wholesome Organic  
Raw Cane Turbinado Sugar

649

save at least \$1.00 each with your VIC card



32 oz.  
Lundber Organic California  
Brown Basmati Rice

749

save at least \$1.50 each with your VIC card



12 oz.  
Tru Roots  
Organic Quinoa

499

save at least \$1.00 each with your VIC card



4 oz.  
GO Raw  
Salad Topper

499

save at least \$1.00 each with your VIC card



Assorted  
Watkin's Organic  
Seasonings or Rubs

629

save at least 70¢ each with your VIC card



18 oz.  
Roar Organic  
Drinks

3/\$5

save at least \$3.06 on 3 with your VIC card

\*Supplies are limited

# Shopping Made Easier

The items you want now have new attribute icons displayed on the tag

**RESPONSIBLE**

The Harris Teeter Responsible attribute includes all products that contain a claim or certification deemed appropriate by Harris Teeter as qualifying for their Responsible attribute. This includes specific claims or certifications relating to Animal Welfare, Environmental Sustainability, Social Responsibility, Sustainable Forestry, Sustainable Packaging, Sustainable Resource Management, and Sustainable Seafood.

**FREE FROM**

Identifies items we carry that are free from: Preservatives, Additives, Antibiotics, Artificial Colors, Artificial Flavors, BHA/BHT, Artificial Sweeteners, Hydrogenated/Partially Hydrogenated Oils, Nitrates/Nitrites, High Fructose Corn Syrup, MSG, Trans Fatty Acids, Parabens, EDTA, and more. Please visit [harristeeter.com/free-from-101](http://harristeeter.com/free-from-101) to view the entire list of ingredients.

**GOOD PROTEIN**

The High Protein Diet attribute includes any product which is a good source of protein. A product may qualify in one of the following ways: 1) The product has 10% daily value or more of protein per serve and per RACC, 5g or more of protein per serve and per RACC; 2) The product claims to be good source of protein or excellent source of protein; or 3) The product is one of the food items that are considered protein rich, for example, egg, milk, relatively lean meat and seafood.

**WHOLE GRAIN**

Includes any food or beverage product which qualifies in one of the following ways: 1) The product has a published Whole Grain stamp; 2) The product has a marketing claim about it containing Whole Grains; or 3) The product contains a whole grain ingredient.

**LOW SODIUM**

Low Sodium products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium. For products categorized as individual as defined by the FDA, they must also have no more than 140 mg sodium RACC and per serving. For products categorized as main or meal as defined by the FDA, they must also have no more than 140 mg sodium per 100 grams.

**PALEO**

A product will qualify if: 1) The product does not contain any added sugar, natural sweetener, artificial sweetener, non-caloric sweetener, grain, soybean, peanut, legume, or trans fat ingredients and does not have high sodium and is not in a category excluded from the Paleo diet, 2) The product is in a fruit or vegetable category and does not have high sodium, 3) The product has a claim or certification stating it is Paleo regardless of sodium content or category.

**KETO**

Includes any food or beverage product which is suitable for a Ketogenic Diet. A product may qualify in one of the following ways: 1) the product has a ketogenic claim or certification 2) The product is free from grain, added sugar, fruit, tubers, legumes, and sweetener (natural, artificial, and non-caloric) ingredients, 3) The calories from carbohydrates are 5% or less of the total calorie value per serving and there are 5g or less of total sugars per 100g; 4) The product claims to be low carb or carbohydrate free.

**SUGAR FREE**

Sugar Free products must pass the FDA disclosure filter for total fat, saturated fat, cholesterol, and sodium, and have less than 0.5 g sugar per serving. For products categorized as individual as defined by the FDA, they must also have less than 0.5 g sugar RACC.

**LACTOSE FREE**

Includes all products making a claim related to being free of lactose.

**GLUTEN FREE**

Includes any food or beverage product that has a published symbol, logo, certification or marketing claim relating to or claiming to be gluten free.

**NO SALT ADDED**

Includes all products that are making a claim of being No Salt Added/Unsalted/Without Added Salt.

**NON GMO**

Includes all products that make either a Non GMO claim or contains a Non GMO certification on it's label.

\*Supplies are limited



4 oz.  
hilo Life  
Tortilla Chips

**KETO**

4<sup>99</sup>

save at least \$1.00 each  
with your VIC card



14.1 oz.  
d'arbo Wild  
Lingonberry Sauce

**PLANT BASED**

5<sup>99</sup>

save at least \$2.50 each  
with your VIC card



12 oz.  
Walden Farms  
Coffee Creamers

**SUGAR FREE**

4<sup>29</sup>

save at least 70¢ each  
with your VIC card



Assorted  
Simple Mills  
Baking Mixes

**GLUTEN FREE**

6<sup>99</sup>

save at least \$2.00 each  
with your VIC card



12 oz.  
Chosen Foods  
Mayo

**KETO**

7<sup>99</sup>

save at least \$2.00 each  
with your VIC card



14 oz.  
Shaka  
Teas

**PLANT BASED**

2/\$5

save at least 58¢ on 2  
with your VIC card



7.1 oz. Gluten Free  
Midel  
Pie Crust

**GLUTEN FREE**

3<sup>99</sup>

save at least \$1.00 each  
with your VIC card



7 oz.  
Alessi Porcini  
Mushroom Farro

**GOOD PROTEIN**

3<sup>29</sup>

save at least 70¢ each  
with your VIC card

