

everyday

low prices!



NATURE'S PICK
MARKET

The Elements Of Good Health

Featured Favorites | October–December 2026

Let Baking Season Begin



Organic Sugar

\$4²⁹

16 - 24 oz



Organic Unbleached
All Purpose Flour

\$8⁹⁹

5 lb



Super Fine
Almond Flour

\$7⁹⁹

16 oz

Baking Powder

\$3²⁹

8.1 oz



Baking Soda

\$1⁶⁹

16 oz



Corn Starch

\$2⁹⁹

16 oz



Organic Vegan
Buttery Spread

\$5²⁹

13 oz



Organic Pure
Almond Extract

\$4⁹⁹

4 oz



Organic Pure
Vanilla Extract

\$7⁹⁹

2 oz



Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days during the promotion window.

Proud member of **infra**

**Organic
Frozen Vegetables**
selected varieties

\$3.99

16 oz



**Organic
Crushed Tomatoes
with Basil**

\$3.69

28 oz



**Organic
Rice**
selected varieties

\$3.49

16 oz



**Organic
Broth**
selected varieties

\$2.29

32 oz



Sausage and Vegetable Soup

35 MIN • SERVES 6 • TRADITIONAL

INGREDIENTS

- | | |
|--|--------------------------------------|
| 3 tablespoons olive oil | 2 teaspoons garlic powder |
| 1 small yellow onion, chopped | 28 ounce can crushed tomatoes |
| 1 pound Italian sausage, casings removed | 1 quart chicken broth |
| 1 large red bell pepper, chopped | 16-ounce bag frozen mixed vegetables |
| 1 ½ tablespoon dried oregano | 2 cups cooked jasmine rice |
| 2 teaspoons sea salt | |

DIRECTIONS

- 1 Heat the olive oil in a large stockpot over medium-low heat. Add the chopped onion and sauté until softened, about 4 to 5 minutes.
- 2 Add the Italian sausage and cook, breaking it into crumbles, until it is browned and no longer pink. Drain excess fat if needed.
- 3 Stir in the chopped red bell pepper, oregano, sea salt, garlic powder, crushed tomatoes, and chicken broth. Bring the soup to a gentle simmer and cook for 15 minutes.
- 4 Add the frozen mixed vegetables and continue cooking for 5 to 10 minutes, or until the vegetables are heated through and tender.
- 5 Stir in the cooked jasmine rice and heat until warmed through. Adjust seasoning to taste with salt and pepper.
- 6 Ladle the soup into bowls and, if desired, garnish with fresh basil. Serve with a crisp side salad and warm crusty bread.

