

# Simple Harvard Beets

*Taste of Home August 2020*

*1 cup fresh beets, sliced*  
*2 tablespoons sugar*  
*2 tablespoons white vinegar*  
*3/4 teaspoon flour*  
*2 teaspoons butter*  
*1/8 teaspoon salt*

Place the beets in a small saucepan. Cover with water. Cover. Simmer until tender, 15 to 20 minutes. Drain, reserving one tablespoon of the cooking liquid. Set the beets aside.

In the same pan, combine the sugar, vinegar, flour and the reserved liquid. Cook over low heat until thickened.

Stir in the beets, butter and salt. Simmer for 5 minutes.

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Per Serving (excluding unknown items): 235 Calories; 8g Fat (28.9% calories from fat); 2g Protein; 41g Carbohydrate; 4g Dietary Fiber; 21mg Cholesterol; 441mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 1 1/2 Fat; 2 Other Carbohydrates.