

Beet Pickles II

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Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 6 pints

2 cups sugar

1 tablespoon whole allspice

1 1/2 teaspoons salt

3 1/2 cups vinegar

1 1/2 cups water

*3 quarts small beets, peeled
and cooked*

2 sticks cinnamon

In a saucepan, combine the sugar, allspice, salt, vinegar, water, and cinnamon. Simmer for 15 minutes.

Pack the beets into hot jars, leaving one-half inch of head space. (Cut larger beets in half if necessary.)

Remove the cinnamon sticks from the saucepan. Bring the liquid to a boil. Pour the liquid, boiling hot, over the beets leaving 1/2 inch of head space.

Adjust the caps. Process the pints and quarts for 30 minutes in boiling water bath.

Per Serving (excluding unknown items): 1701 Calories; trace Fat (0.2% calories from fat); 1g Protein; 460g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 3224mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 30 Other Carbohydrates.