

Beet Pickles

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*cooked beets
2 1/2 cups vinegar
2 1/2 cups sugar
4 cups water
3 tablespoons pickling spice*

In a pot, place the vinegar, sugar, water and pickling spice.

Bring to a boil. Cook for 3 minutes.

Place the beets in canning jars. Pour the liquid over the beets.

Seal hot.

Per Serving (excluding unknown items): 2109 Calories; 5g Fat (2.2% calories from fat); 3g Protein; 546g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fat; 36 Other Carbohydrates.