
Pickled Beets II

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 cups sugar

2 cups water

2 cups vinegar

1 teaspoon cloves

1 teaspoon allspice

1 tablespoon cinnamon

15 to 20 small to medium beets

Remove the beet tops, leaving the roots and about one inch of stem. Place in a pot. Cover with boiling water and cook until tender.

Remove the skins and slice the beets. The small beets can be pickled whole or can be chunked.

In a pot, combine the liquid, sugar and spices. Heat to boiling. Add the beets and simmer for 5 minutes.

Pack the beets and juice into hot jars. Adjust the lids. Process in a boiling water bath for 30 minutes.

Yield: 5 pints

Condiments, Sauces

Per Serving (excluding unknown items): 2174 Calories; 3g Fat (1.1% calories from fat); 20g Protein; 554g Carbohydrate; 39g Dietary Fiber; 0mg Cholesterol; 991mg Sodium. Exchanges: 1/2 Grain(Starch); 23 1/2 Vegetable; 0 Fat; 28 1/2 Other Carbohydrates.