

# Pickled Beets

Joy DeRock

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

*small young beets  
2 cups sugar  
2 cups water  
2 cups vinegar  
1 teaspoon cloves  
1 teaspoon allspice  
1 tablespoon cinnamon*

Wash small, young beets, leaving on the root end and at least two inches of top. Place in a saucepan. Cook until tender, then remove the skins and ends. Leave small beets whole, but larger ones can be quartered, sliced or cubed.

In a saucepan, bring the sugar, water, vinegar, cloves, allspice and cinnamon to a boil.

Add the beets. Boil for 10 minutes.

Pack into quart jars and process the quart jars in a water bath for 30 minutes.

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Per Serving (excluding unknown items): 1645 Calories; 1g Fat (0.4% calories from fat); 1g Protein; 436g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 28 1/2 Other Carbohydrates.