



## QUICK PICKLED BEETS

**PREP TIME:** 5 minutes **TOTAL TIME:** 4 hours 5 minutes **SERVINGS:** 2

### INGREDIENTS

- 5-6 small-medium red beets (about 500 grams)
- 1 cup white vinegar (amount will depend on how you slice your beets)
- ½ teaspoon salt
- Optional spices of your choice, or sweetener

### NOTES

- Wear gloves to prevent turning your hands and fingers purple. It will wash off after a couple of times if you don't have gloves.
- If you don't like a lot of acid flavor (vinegar), you can use half vinegar, half water.
- This recipe is not shelf stable and must be kept in the refrigerator.

### NUTRITION INFORMATION

Each serving contains about 54 calories; 0.3g total fat; 406mg potassium; 12g carbohydrates; 3.5g fiber; and 8.4g sugar

Source: Eat the Gains

### INSTRUCTIONS

Rinse off any excess dirt and cut off the stem and root. Find ones that are similar in size to ensure even cooking. If some are larger than the others, which is bound to happen, slice the larger ones into smaller pieces so they can cook evenly.

Add water to a large pot with a steamer basket and steam for 30-45 minutes. The time will depend on how large the beets are. They are done when you can easily pierce them with a knife.

Remove from the pan and let them cool for a few minutes. Next, you will need to peel them. With the beets being warm, the skin should be able to peel right off. To get it started, you can slide a knife in between the skin and the bulb and then use your hands. Once you get it going, it should easily come off.

Slice them into ¼-½-inch-thick pieces. Then place them in a wide-mouth jar. Pour vinegar over them so they are just barely covered.

Let them sit in the refrigerator for at least 4 hours up to overnight. The longer they sit, the better they are!