



Spiced Harvard Beets

6 servings

INGREDIENTS

- 1.5 pounds red beets
- 1/4 cup cider vinegar
- 1/4 cup water
- 1/3 cup sugar
- 1.5 tsp. cornstarch
- 5 cloves
- 1 Tbsp. ground cinnamon or 1 cinnamon stick
- 1/4 tsp ground ginger or 1 thumb size 1/4 inch thick slice of fresh ginger
- Salt and pepper to taste
- 1 Tbsp. butter (optional)

DIRECTIONS

1. Place beets in a large pot, cover with water and bring to a boil. Boil until tender, about 30-45 minutes.
2. Drain the cooked beets, rinse with cold water.
3. Once cool, peel skins with your hands - they should slip right out.
4. Cut beets into wedges (6 to 8 wedges per beet depending on the size of the beet).
5. Combine vinegar, water, sugar, cornstarch, and all spices, in a saucepan, mix well to dissolve cornstarch prior to heating. Over medium heat, stirring occasionally, bring to soft boil. Soft boil 3-5 minutes until sauce is thickened and no longer cloudy. You are looking for a consistency that will coat the back of a spoon. If too thick add water 1 Tbsp. at a time, returning to a soft boil. Remove from heat.
6. Add beets to spiced vinegar sauce and let stand for at least 30 minutes. Adjust seasoning. If serving warmed, add 1 Tbsp. of butter and heat. May also be enjoyed cold.

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