

Pickled Beets

Yield: about 4 pints

3-1/2 pounds of 2- to 2-1/2-inch diameter beets
1 cup sugar
2 cups vinegar (5%)
6 whole cloves
2 to 3 onions (2- to 2-1/2-inch diameter) if desired
1 cup water
1 cinnamon stick
3/4 teaspoons canning salt

1. Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes).
2. **Caution: Drain and discard liquid.** Cool beets.
3. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices.
4. Peel and thinly slice onions.
5. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture.
6. Bring to a boil. Add beets and onions. Simmer 5 minutes.
7. Remove spice bag.
8. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Remove air bubbles adjusting headspace if necessary by adding hot liquid. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
9. Process jars in a boiling water or atmospheric steam canner for 30 minutes at 0-1,000 feet elevation, 35 minutes at 1,001-3,000 feet, 40 minutes at 3,001-6,000 feet, and 45 minutes above 6,000 feet.

Source: "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, 2015