

# Pickled Beets

*Yield: About 4 pints*

3 ½ lbs 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 sticks

¾ 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. Peel and thinly slice onions.
4. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture.
5. Bring to a boil. Add beets and onions. Simmer 5 minutes.
6. Remove spice bag. Fill jars with beets and onions, leaving 1/2-inch headspace.
7. Add hot vinegar solution, allowing 1/2-inch headspace.
8. Adjust lids and process in a boiling water or steam canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	30 min	35 min	40 min	45 min

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



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