Pickled or Non-Fermented Foods: Pickled Beets

United States Department of Agriculture, Extension Service

**Pickled Beets**
7 lbs of 2- to 2-1/2-inch diameter beets
4 cups vinegar (5 percent)
1-1/2 teaspoons canning or pickling salt
2 cups sugar
2 cups water
2 cinnamon sticks
12 whole cloves
4 to 6 onions (2- to 2-1/2-inch diameter) if desired

**Yield:** About 8 pints

**Procedure:** 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). **Caution:** Drain and discard liquid. Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1.

**Variation:** Pickled whole baby beets. Follow above directions but use beets that are 1- to 1-1/2 inches in diameter. Pack whole; do not slice. Onions may be omitted.

**Table 1.** Recommended process time for Pickled Beets in a boiling water canner.

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>0 - 1,000 ft</th>
<th>1,001 - 3,000 ft</th>
<th>3,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Pints or Quarts</td>
<td>30 min</td>
<td>35</td>
<td>40</td>
<td>45</td>
</tr>
</tbody>
</table>


2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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