



# Harvard Beets

## INGREDIENTS

2 - 16 oz. cans sliced beets \*  
1/2 cup sugar  
1 tablespoon all-purpose flour  
1/2 cup white vinegar  
1/2 teaspoon salt  
2 tablespoons butter

## DIRECTIONS

1. Drain beets, reserve 1/4 cup of the juice.
2. In a saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

*\* 3 cups sliced raw beets can be substituted. In a saucepan, place raw beets and enough water to cover. Cook until tender, about 15-20 minutes. Drain, reserving 1/4 cup liquid.*