

Healthy Pickled Beets Recipe

Ingredient

- 6 large beets
- 6 tablespoons of apple cider vinegar
- 5 tablespoons of honey
- A handful of fresh dill is optional
- Salt and black pepper to taste
- 3 1/2 cups warm water

Instructions

Put the beets in a large saucepan and cover with water. Cook over medium-high heat for about 35 minutes, or until beets are completely softened. Take the beets out of the water and let them cool down. Put on a pair of rubber gloves, pull the beet peel off with your fingers (it should peel off easily) and secure it and wrap it with a sharp knife.

Chop the beets into small cubes or rings. Placing them at glass jars with secure lids. Adding a some sprigs of dill in every jar (optional).

In a big jug, mixing apple cider vinegar, honey, salt, pepper, also warm water together. Cast glass jars To beets are cover.

Store in the refrigerator overnight to infuse the flavors, then enjoy!