



Pickled Beets and Eggs

Servings 6 | Prep time 10 mins. | Total time 1 hr. 40 mins.

Equipment:

Cutting board
Vegetable peeler
Medium pot with lid
Colander
Large saucepan with lid
Large container with lid

Utensils:

Knife
Fork
Measuring cups and spoons

Ingredients

6 large eggs
2 cups water
1/2 cup white vinegar
1 teaspoon sugar
2 large beets, peeled and cut into wedges

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. To hard boil eggs, place them in a pot and over with 1 inch of cold water. Bring to a boil over medium-high heat, cover, remove from heat, and set aside for 8-10 minutes. Drain pot, cool eggs in ice water, and peel.
3. Combine water, vinegar, beet wedges, and sugar in a large saucepan. With lid on pot, simmer for 20 minutes, or until beets can be easily pierced with a fork.
4. Cool the beet mixture completely, about 1 hour.
5. Pour the beets into a container with a lid and add the peeled eggs. Stir the eggs and beets in the liquid to completely coat.
6. Eggs and beets can remain in the refrigerator for up to 1 week.

Nutritional Information:

Calories 100 Total Fat 5g Sodium 85mg Total Carbs 4g Protein 7g