



Pickled Beets and Eggs

Servings 6 | Prep time 10 mins. | Total time 1 hour, 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

Nutritional Information:

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

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.