

Pickled Beets

SERVINGS
4

PREP TIME
15 MIN

REFRIGERATION TIME
OVERNIGHT

TOTAL ACTIVE TIME
15 MIN

These refrigerator (quick) pickled beets are tangy, slightly sweet, and full of vibrant flavor. Perfect for adding a pop of color and zesty crunch to salads, bowls, or as a simple side.

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Ingredients

Directions

1

- 2 Large Beets (or 4 small)
- 4 C Water

- Thoroughly scrub the beets, trimming off any stems as needed.
- Bring the water to a boil, then add the beets and cook for about 30-40 minutes, or until tender, this will vary on the size of the beets.
- Remove the beets from the water and let them cool slightly before handling.

2

- 1 C Apple Cider Vinegar
- 1 C Water
- ½ C White Sugar (see note)

- In a small saucepan, combine the apple cider vinegar, water, and sugar. Bring to a simmer and cook for about 5 minutes, stirring occasionally, until the sugar has fully dissolved.
- NOTE: You can replace the White Sugar with Monk Fruit Sweetener! Monk Fruit sweetener has zero calories and zero glycemic impact, meaning it won't spike blood sugar levels the way regular sugar does. That makes it a good option for people who are trying to reduce added sugars, manage blood sugar, or simply cut down on calories.**

3

- Once the beets have cooled enough to handle, gently peel off the skin—it should come off easily.
 - Slice the beets into thin rounds (approximately ¼-inch thick).
 - Pack the beet slices into 2 16-oz mason jars, or similar.
 - Pour the sugar-vinegar mixture over the beets in the jars, ensuring they're fully submerged. Seal with lids.
 - Refrigerate the jars for at least 24 hours, though the flavor deepens best after 3-4 days.
- Storage Tip: Refrigerate and enjoy within a few days after opening, or up to 3-4 weeks if left unopened.*