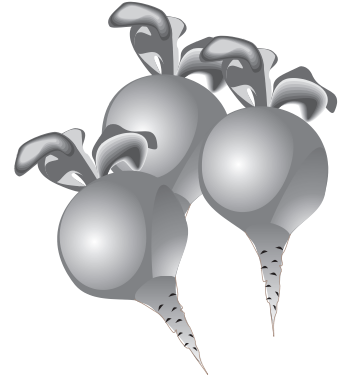


Harvard Beets

Lois Hilton - a TASTE Recipe



Ingredients

3 cups diced, cooked beets

1 cup of liquid (beet juice and water)

4 tablespoons flour

1/3 cup honey or maple syrup

1 teaspoon salt

1/2 cup vinegar

Directions

Heat together the diced beets and liquid.

In a bowl, combine the flour, honey or maple syrup, salt, and vinegar. Add this mixture to the beets.

Cook, stirring constantly, until sauce is smooth and thickened.