

Canning Beets

2 to 3 1/2 lbs red beets per quart

1- to 3-inch diameter

Salt is Optional

Water

Add 1/2-teaspoon salt to each pint or 1 teaspoon to quart.

Ladle boiling water over beets, leaving 1-inch headspace.

Remove air bubbles. Cap.

Process pints 30 minutes, quarts 35 minutes,
at 10 pounds pressure in a pressure canner.