Ingredients\n

Beets\n

Knife\n

Box grater\n

Food dehydrator\n

Cooling or baking rack\n

Cheesecloth\n

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Instructions\n

Dried beets usually are reconstituted or added to soups and stews. If properly dried, beets retain their flavor and much of their nutritional value. \n

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Blanch the beets in boiling water for 20 minutes and transfer them into a container of ice water. Scrape the peels from the beets. \n

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Trim off the stems and taproot and slice the beets into uniform, 1/8-inch-wide strips. Chop the beets into 1/4-inch-thick pieces or grate them using a box grater. \n

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Heat the food dehydrator to 120 degrees Fahrenheit and lay the beet pieces about 1/4-inch apart from each other on the drying trays. \n

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If using an oven, heat it to the Warm setting. Place the beets on cooling racks covered with a piece of cheesecloth. \n

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Dry beet strips until they are brittle or crisp, about 8 hours, in the dehydrator; dry chopped or grated beets for four to six hours. \n

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If using the oven, dry beet strips for 4 hours and shredded beets for 2 hours.\n

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Pack the dried and cooled beets into dry, airtight containers or plastic bags that seal.\n

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