Ingredients\n

Beets

Knife

Box grater (optional)

Food dehydrator

Cooling or baking rack (optional)

Cheesecloth (optional)

\n

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

\n

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

\n

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

\n

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

\n

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

\n

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

\n

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

\n

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

\n