



Grandma's Harvard Beets

This Harvard beets recipe came from my Grandma and makes for a sweet and tangy treat. I have tried other recipes, but none are as flavorful as hers.

By **Pam Maxson Rodriguez**

Prep Time: 5 mins

Cook Time: 35 mins

Total Time: 40 mins

Servings: 6

Ingredients

¾ cup white sugar

4 teaspoons cornstarch

⅓ cup white vinegar

⅓ cup water

2 (15 ounce) cans sliced beets, drained

3 tablespoons butter

¼ teaspoon salt

¼ teaspoon pepper

Directions

Step 1

Combine sugar, cornstarch, vinegar, and water in a saucepan. Bring to a boil, and cook for 5 minutes.

Step 2

Add beets to the liquid, and simmer for 30 minutes over low heat. Stir in butter, salt, and pepper, and remove from the heat. Serve warm or chilled.

Nutrition Facts

Per serving: 185 calories; total fat 6g; saturated fat 4g; cholesterol 15mg; sodium 328mg; total carbohydrate 34g; dietary fiber 2g; total sugars 30g; protein 1g; vitamin c 4mg; calcium 17mg; iron 2mg; potassium 148mg