



# SKILL CARD

## How to: QUICK PICKLE BEETS

### Step 1:

Prepare beets by peeling them and slicing them into matchstick size pieces (beware that this will be messy).



### Step 2:

In a jar or re-sealable container, add equal parts boiling water and white vinegar and 1 teaspoon salt. Stir.

### Step 3:

Add in cut beets.

### Tip:

Get creative with flavors! Try adding thyme, black peppercorns, and/or chili flakes.

### Step 4:

Store in the refrigerator. These will improve the longer they sit, so wait at least a couple of hours before eating.

