

How to Prepare Beets:

Two Easy Ways

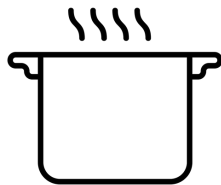
Save time and have them ready ahead!

Boiling

1. Take beets of the same size.



2. Put them in a pot, cover with water and bring to a boil.



3. Reduce heat to simmer until a knife easily pierces through.



4. Slip off the skins with your hands.

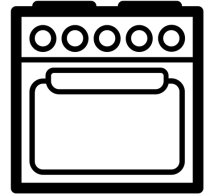


Roasting

1. Take beets of the same size.



2. Put them in tin foil and seal off the top into a package.



3. Roast in a 375* oven until a knife easily pierces through.



4. Slip off the skins with your hands.



Do you get stuck in a rut cooking the same few veggie recipes all the time?
I can help!



I'm Mary Margaret Ripley. I understand that a lack of inspiration in the kitchen can keep you from trying new things. Our website's free recipes and training resources like this one will help you to put more and better vegetables onto your family's table-- and feel good about it!

Check it out today! www.ripleyorganicfarm.com

Email me at mm@ripleyorganicfarm.com. I'd love to hear from you!